JUST YOU SEE

BROADENING
THE HOMOEOPATHIC HORIZON

Dr. Sunirmal Sarkar

Foreword by Dr. Rajan Sankaran

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Dedications

To my mother and my father
who inspired me to become a dedicated homoeopath.

To my wife,
thank you for your love, care and understanding
throughout the years.

To my children,
who have supported me always.

To Dr. Sankaran,
who is a true gentleman and a master of
materia medica himself.

To all my students,
who have loved me.

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A big thank-you to Dr. Vaishnav, who introduced me with the Bombay homoeopathic group.

I would like to also extend much appreciation and thanks to Linoshka D'Silva. She spent countless hours proof-reading the final copy of the book, and also developed the materia medica index.

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Manish Yadav and Sadaf Ulde deserve special thanks for putting together the toxicological materia medica section.

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To Dr. Sujit Chatterjee, I appreciate our interactions and want to say thank you for sharing your difficult cases with me – a great learning experience. Also, I would like to thank Dr. Gajanan Dhanipkhar and Dr. Rajesh Upadhyay for contributing to many of the notes for this book.

Also, special credit goes to Chiraag Shah, Amruta Hede, Swapna Palkar, Sneha Thakkar for their efforts and time spent to proofread the book.

I am immensely grateful and would like to acknowledge Gaurang Gaikwad for his passionate enthusiasm. His excitement and encouragement inspired me to write this book.

Furthermore, I would like to extend a huge thank you to Armeen Jasavala, the editor of this book. Her hard work, dedication, time and efforts are greatly appreciated. She was able to take this very raw material and turn it into a gem, which could be shared with you.

Lastly, I would like to send my final thanks to the readers. I hope this book inspires you to do your own great work. Remember to have faith, have faith in God and have faith in yourself. If you have no faith in yourself, there is no salvation for you.

Introduction by Dr. Sarkar

Nowadays in homoeopathic practice, with newer approaches addressing thematic representations of remedies and with newer provings emerging, practitioners have forgotten the fundamental and basic principles of homoeopathy and have largely shifted away from the practice of traditional and foundational homoeopathy.

My approach to homoeopathy can be summed up in one word, simple. Most things in life are simple and should be kept simple, and homoeopathic practice is not an exception to this tenet. To be a fine homoeopath, one does not need to be intelligent, wealthy or have good contacts. A fine homoeopath must be honest, dedicated, and most importantly, have a large amount of courage to survive against all odds. My approach is overall very simple – the aim is to find out the most characteristic symptoms in the case and prescribe on these very symptoms. These characteristic symptoms can come in the form of keynote(s), rubrics, themes, pathologies, or even a sensation. When this characteristic symptom is established and is sure, the remedy is prescribed based on this.

This approach is backed by impressive clinical results and a growing acceptance of homoeopathic practitioners and students all across India. The goal is to simply share and spread this knowledge of homoeopathic medicine to my colleagues in India and all over the world in order to facilitate more success in homoeopathic practice.

I should also mention that my experience and practice has been mainly and hugely influenced by Dr. Burnett. I have read and memorized all of his material, and the results have been fruitful. His work has helped me tremendously in my own clinical practice. Other masters, including Pulford, M.L. Tyler, Allen, Boericke, Boger, P. Sankaran, Hering, Nash, Knerr, Bernoville, Blackie, Borland, N.M. Choudhuri, John Henry Clarke, Farrington, Lippe and Matthew Woods have influenced my clinical practice greatly as well. Also, my in-depth reading of Allopathic Pharmacopeia has contributed to my vast knowledge which has definitely helped me to become a well-versed practitioner.

Dr. Rajan Sankaran spent an entire day with me in Thakurnagar, West Bengal, and witnessed many cases. He told me that the new information and insight to homoeopathic medicines he gathered during this time was invaluable and was deemed too important to neglect.

The following handbook aims to give insights, clinical tips and approaches to use in homoeopathic practice, in addition to amassing key information on various remedies from our materia medica that are favorites utilized by myself, Dr. Sunirmal Sarkar.

Author's Note

Many of my students and a lot of homoeopaths feel that what I do is prescribe specific remedies. There is nothing termed as homoeopathic specific remedies.

One of my students recently asked about the last cardiac patient which I saw, who got much better using the remedy *Crataegus.* They then asked if this remedy is specific for heart complaints. This is where we make maximum mistakes. *Crataegus* can only be prescribed if there are cardiac symptoms, with a concomitant symptom of insomnia, or any other concomitant symptom. Without this characteristic concomitant, *Crataegus* is not going to alleviate the patient's suffering.

There can be many examples of this. We can look at the remedy *Hydrastis*. I use this remedy as an intercurrent in many cancer patients. What people miss however, is that when these cancer patients have a concomitant symptom of increased hunger, this is when the remedy *Hydrastis* will help.

Another word about the role of other remedies, like sarcodes, allopathic drugs, Indian drugs, biochemical drugs, organ-specific drugs. Many of these types of remedies are needed in pathological cases. Using one remedy and one dose in pathological cases, has not proven to be efficacious in my clinical practice.

What is greatly needed for prescription is the current symptom totality. I look at the current symptom totality, see which remedy is the closest to this totality, and I prescribe it. I also take into account the pathogenesis of the remedy and the patient.

For me, the first prescription is just the beginning. Often, in pathological cases, the patient requires a change in the remedy. In fact, this change can happen as often as every 1 or 2 months, because disease patterns are rapidly changing.

Most diseases today are complicated by allopathic medicines, hormonal dysfunctions, addictions like alcohol and tobacco, and past history of illnesses. All of these factors must be taken into account when prescribing.

My earnest appeal to the younger generation who practice homeopathic medicine, is to try and learn the materia medica and repertory from their heart. More importantly, apply it and have the guts and confidence to prescribe homoeopathic medicines even in pathological cases.

Foreword

It has been my good fortune to come in contact with Dr. Sunirmal Sarkar, as I had the pleasure of visiting his clinic in a remote village in Bengal, where he sees about 100 patients a day.

Many of these cases that I saw were of difficult pathologies, and Dr. Sarkar had a very short time period available to him for case-taking.

Dr. Sarkar has evolved into practising a unique method. He uses every possible approach within the spectrum of homoeopathy and prescribes his remedies.

He uses mental symptoms, organ based remedies, Indian drugs and a variety of potentized allopathic drugs. Depending on what he sees prominently in the given case, he chooses his approach. He has a phenomenal knowledge of repertory and materia medica, in addition to a mind with openness to any and every approach possible.

Dr. Sarkar has a very deep and infectious passion for homoeopathy. His keen interest and enthusiasm inspired us to invite him to *the other song - International*

Academy of Advanced Homoeopathy to teach a course of over six months duration. During this course, students see live cases of Dr. Sarkar and observe the way he practises.

I took the liberty of trying to understand for myself the various approaches that he uses, since he did not have the time to explain it in-depth.

With Dr. Sarkar's seal of approval and the help of Dr. Gaurang Gaikwad who sat with Dr. Sunirmal Sarkar for six months, various approach were documented, along with some added examples to explain the approach used by Dr. Sarkar in this short handbook.

Manish Yadav and Sadaf Ulde were the two main people who worked on the section of the toxicological materia medica.

Armeen Jasavala spent considerable amount of time to bring together the scattered notes of Dr. Sarkar and successfully made it into a clear and comprehensive format for the readers.

This handbook is a very raw edition. It is only an overview, as we hope to bring out more detailed books, with more information and supporting cases.

Many of his ideas have already been very useful in my practice and have enabled me to see more clearly the wide spectrum of homoeopathy, and I hope it will do the same for you.

- **Dr. Rajan Sankaran**

Dr. Sarkar's Clinical Approaches (#1-18)

Clinical Approach #1 – Modalities

When looking at the main complaint, it is important to note the exact modalities of that complaint, Dr. Sarkar looks at the *time modality, life situations, and life circumstances.* The complaint must be understood with relation to the time period in the patient's life.

For example: If we look at *Aurum metallicum,* we see the symptom foul breath in girls at puberty.

Clinical Approach #2 – Combination of Organs

When a patient has a complaint that has a combination of 2 or more organs involved (ex. Lungs and liver, or heart and liver), remember this combination is itself too peculiar. Remedies which have this exact combination of organs must be investigated and studied further.

For example: If we look at *Digitalis,* we see both the lungs and heart are affected.

Clinical Approach #3 – Observations

Keen observation skills are a critical key to successful homoeopathic practice. Such obvious and clear clinical observations can help understand who the patient is as well.

For example: The symptom of a bluish line on the gums, is observable in patients who need heavy metals *(Aurum metallicum, Bismuth, Argentums and Arsenicum album).*

Clinical Approach #4 – Origin, Duration, Progress

When approaching a case, the chronology of the pathology is very important. The origin, duration and progress are also factors one should consider.

For example: Hematuria or nephritis symptoms after malaria is one of the major indications for *Eucalyptus.*

Clinical Approach #5 – Concomitants

One of the main investigative techniques that Dr. Sarkar uses in his approach is to find a concomitant symptom to the pathology. Boericke Repertory is the most useful repertory with the clinical indications for these kind of concomitants.

For example: Asthma can present in many ways and is very individualistic. For asthma along with nightly pain in urination, think of *Solidago.* If the patient has asthma with sleeplessness, the remedy of choice should be *Tela aranea.* Asthma with joint pains and a build-up of uric acid, requires the remedy *Viscum album.*

Clinical Approach #6 – Allopathic Understanding and Drug Side Effects

One major facet in clinical practice, is to understand allopathically what is happening with each patient. As homoeopathic doctors, we must have a clear understanding of the allopathic medicines that were given to the patient along with the side effects of each respective drug.

For example: In cases requiring the remedy *Salicylic acid,* there should be a history of pyrexia followed by allopathic medicines (Crocin/paracetamol) taken. *Salicyclic acid* is the source of paracetamol.

Clinical Approach #7 – Relation to Known Remedies

Many times, smaller remedies are forgotten in the vast amount of polychrest remedies. In clinical practice, one must study and comprehend homoeopathic remedies which are similar, or are complementary to these main remedies.

For example: The remedy *Gallic acid* has *Stramonium*-like fears + *Tuberculinum*-like violence + hemorrhages and cough like *Phosphorus.*

Clinical Approach #8 – Two Pathologies

When there is a combination of two or more pathologies which have nothing in common, this can be taken as the peculiar characteristic of the case and can lead us to the appropriate homoeopathic remedy.

For example: *Conium* has both tumors + paralysis.

Clinical Approach #9 – Small Remedy, Big Symptom

If we look at the smaller, more peculiar remedies, we find that even this small remedy has a big symptom, and this symptom is the strongest for any remedy in the materia medica.

For example: Constriction of chest + high blood pressure are the main keynotes of the remedy *Adrenalin.*

Clinical Approach #10 – Organ-Specific Remedies

Organ-specific remedies are self explanatory – the patient is prescribed a remedy based on the organ affected in the respective pathology.

For example: *Ferrum iodatum* has main action on the glands.

Clinical Approach #11 – Remedies Made from the Same Organ

There are a few remedies that are made out of the organ itself, and they are very useful in homoeopathic practice.

For example: Giving *Retina* 200, for a patient with retinitis pigmentosa.

Clinical Approach #12 – Remedies Related to Hormones (Sarcodes)

If the symptoms of the patient show an excess and/or deficiency of specific hormones, we can use this to proceed with the case.

For example: In extreme cases of calculi and calcification of glands, *Parathyroidinum 1M* is often prescribed. The pathological effect of the illness is covered by the remedy as well.

Clinical Approach #13 – Indian Drugs with Relation to Homoeopathic Remedies

Indian remedies are used often in ayurvedic pharmacopeia with good results. They are often to be remembered with the other homoeopathic remedies, and can be used in comparison.

For example: *Azadirachta indica* is known as the *Indian Lycopodium* and its common name is Neem.

Clinical Approach #14 – Bach Flower Relation to Homoeopathic Remedies

Bach flower remedies are very useful in homoeopathic practice – we can use them in potentized form as well.

For example: *Agrimony* is comparative to remedies like *Ignatia,* they like to keep the grief inside.

Clinical Approach #15 – Children's Types

There are some remedies which are used more often in clinical practice for children, which may not be used traditionally (ex. *Torula cervisiae* or *TMV*).

For example: *Torula* is a remedy for children that are like *Thuja.*

Clinical Approach #16 – Other Nosodes and Bowel Nosodes

The value of nosodes in clinical practice is great. They can be used intercurrently or even constitutionally.

For example: The manifestation of *Candida* in humans includes women with vaginitis, babies with diaper rash, or patients with oral thrush. It has great use in immuno-compromised patients.

Clinical Approach #17 – Allopathic Drugs and Toxicology

This is just the beginning of a revolutionary approach in homoeopathy. I am always trying to think of different ways to heal the suffering and as there are a lot of failures in cancer cases, this made me think out of the box. This approach cannot be used solely, but it has to be used along with other approaches, or it can be used through an intercurrent approach.

For example: *Fluorouracil* is a common chemotherapy drug, and when potentized, has a *Lycopodium*-like constitution + indications of cancer of the breast, colon, rectum, cervix, ovary or liver.

Clinical Approach #18 – Addictions and Layers

In today's world, there are many people who have a past history of addictions, in addition to newly developed sensitivities to certain food items which have great relevance in the developement of current pathologies.

For example: The *Tabacum* patient has a history of tobacco addiction and cardiac issues, such as blood pressure rising suddenly.

Dr. Sarkar's Clinical Approach

1

- MODALITIES -

In cases where Dr. Sarkar cannot directly find a remedy for the patient, he looks intently at the *Modalities.* When looking at the main complaint, it is important to note the exact modalities of that complaint. Dr. Sarkar looks at the *time modality, life situations, and life circumstances.* The complaint must be understood in relation to the time period in the patient's life.

For example, if we look at a case of a young girl who has a foul smelling breath, this makes the search for a remedy much easier. Dr. Sarkar sees the time period of the girl's life, and associates that with the symptom. Then, he tries to confirm whether that symptom is covered by the remedy chosen for the patient.

When we look at the symptom of foul breath on its own, we can see more than 300 remedies:

If we look at *Aurum metallicum,* from Allen's Keynotes, we see the symptom:

- Foul breath; in girls at puberty

China officinalis

Keynotes:

One of the rare clinical indications for *China officinalis* is that children snore, and the intensity is high. Even in their fevers, it's a high intensity.

- Drowsiness. Unrefreshing or constant stupor. Wakens early. Protracted sleeplessness. Anxious, frightful dreams with confused consciousness on waking, so that the dream cannot be rid of and fear of dream remains. *Snoring, especially with children.*

Crataegus

Keynotes:

Crataegus is the only remedy in our materia medica which has diabetes in children. It is also a well known remedy for heart conditions.

- Diabetes, especially in children.
- Cardiac problems in people who cannot digest meat

Ferrum metallicum

Keynotes:

Ferrum is one of the only remedies which has prolapsus and itching of the anus in children.

- Undigested, at night, while eating or drinking, painless. *Ineffectual urging; stool hard, followed by backache or cramping pain in rectum; prolapsus recti; itching of anus, especially young children*

Hydrastis

Hydrastis is a well-known cancer remedy. One of the clinical symptoms in this remedy is hyperthyroidism and goitre, and is used widely in practice. The key modality to this symptom is that it has started in puberty or during pregnancy.

- Cancer and cancerous state, before ulceration, when pain is the principal symptom. *Goitre of puberty and pregnancy*

Natrum arsenicosum

Keynotes:

Natrum ars has a very specific modality where the bronchitis, especially in children just above 7 years old, terminates cold and conserves strength and appetite. Very often, this remedy is used as a complementary remedy after *Arsenicum album* in cases of bronchitis.

- Pain in abdomen > by passing flatus is another important indication
- A remedy for nasal catarrh, with headache, pain at root of nose, dry and painful eyes. Psoriasis. Bronchitis of children over seven years

Zingiber officinale

Lumbar pain < standing and is > by sitting erect , also > by leaning back against chair

Dr. Sarkar's Clinical Approach

2

- COMBINATION OF ORGANS -

When a patient has a complaint(s) that has a combination of 2 or more organs involved (ex. Lungs and liver, or heart and liver), this combination is too peculiar. Remedies which have this exact combination of organs must be investigated and studied further.

Cimicifuga

Keynotes:

Utero-rheumatic diathesis is the main indication to give the remedy *Cimicifuga.* In cases where the uterus and joints are affected together, we should think of this remedy. Irregular, changeful or alternating symptom groups, uterorheumatic (ddx. *Caul.*).

Digitalis

Keynotes:

When the liver and heart are both affected, a strong remedy to consider would be *Digitalis.* Also, when there is a past history of any fever or infectious disease followed by cardiac or renal complaints or both together, especially with dropsy, is a strong indication for *Digitalis.* This remedy is used for dropsy after scarlatina.

Ephedra vulgaris

Keynotes:

This is one of the rarer remedies used in clinical practice. It is often used in thyroid disorders with cardiac complaints, like high blood pressure. Used in exopthalmic goitre, with tumultuous action of the heart.

Indigo

Keynotes:

Indigo is a dye remedy. The main sphere of action that is affected is the sensorium (causing mental depression) and there are lots of spasmodic affections. There is epilepsy with great sadness.

Dr. Sarkar's Clinical Approach

3

- OBSERVATIONS -

Keen observation skills are a critical key to successful homoeopathic practice. Very obvious physical observations, for example, the serrated teeth of *Medorrhinum,* the shiny nose of *Phosphorus,* and the hairy back of *Tuberculinum* are clear clinical observations and can help understand who the patient is as well.

The following are physical symptoms and clinical observations which can be converted into rubrics that are often seen in clinical practice:

a) **Serrated teeth**

Teeth; serrated (7) : *Bac., Lach., Med., Plb., Staph., Syph., Tub.*

b) **Bluish line on gums**

This symptom in itself is rare, but when the symptom appears along with constipation, it becomes a symptom complex for a neurological disease. This line on the gums is observed in patients who need heavy metals like *Aurum metallicum, Bismuth, the Argentums,* and *Arsenicum album.* We even see this bluish line in comatose patients.

Mouth; bluish; gums; line on margin, lead-line (10) : *Arg-n., Bism., Carb-v., Merc., Merc-n., Nat-m., Nux-v., Plb., Plut-n., Thal-s.*

c) **Yellow teeth**

When this symptom is clearly indicated, *Lycopodium* and *Thuja* are the main remedies to be thought of *Bacillinum* is also a remedy to consider.

Teeth; yellow (20) : *All-c., Ars., Asc-t., Bell., Bry., Cadm., Iod., Kali-c., Kreos., Lyc., Med., Merc., Nit-ac., Ph-ac., Plb., Sil., Sul-ac., Syph., Thea., Thuj.*

d) **Large lips**

Bacillinum is the main remedy to be thought of when we observe large lips in patients.

Face; large; lips (2) : *Bac., Bufo*

e) Moles on the chin

Face; moles, birthmarks; chin (1) : *Rad-br.*

f) Saddle across the nose

Face; saddle across nose (10) : *Carb-an., Chel., Ictod., Lyc., Op., Sanic., Sep., Sulph., Syph., Tril.*

g) Shiny nose

In women especially, when we see a shiny tip of the nose, consider *Borax.*

Face; shiny; nose (14) : *Aur-m-n., Bell., Bor., Calc., Canth., Cinis-p., Hydr., Iris, Merc., Mez., Ox-ac., Peti., Phos., Sulph.*

h) Shrivelled lips

When we observe this symptom in patients, we should think of *Ammonium muriaticum.*

Face; shrivelled; lips (11) : *Am-m., Ant-t., Ars., Chin., Mang-acet., Merc-s., Ox-ac., Sul-ac., Sulph., Verat., Zinc.*

i) Small jaw

If the patient has a small jaw while the rest of the face large, this denotes the syphilitic miasm. *Kali iodum* is the main remedy which we would consider for this.

Face; small; jaws (1) : *Kali-i.*

j) Sunken nose

Again, this symptom denotes the syphilitic miasm. *Aurum muriaticum* is the main remedy for this indication in clinical practice.

Face; sunken; nose (8) : *Ant-t., Aur., Aur-m., Hep., Merc., Psor., Sil., Syph.*

k) Thick skin on the face

Thick skin, especially on the face is one of the keynotes for *Viola tricolor.*

Face; thick; skin (6) : *Bell., Diox., Lepro., Parth., Rad-br., Viol-t.*

l) Tumors on the wings of the nose

In many cases, the peculiarity of the symptom often lies in the exactness of the location. *Bromium* is the remedy that has been given for cancer of the nose – especially on the wings of the nose.

Face; tumors; nose; wings (3) : *Brom., Mag-m., Thuj.*

m) Warts on the eyebrows

Thuja is what is often prescribed for warts on the eyebrows. *Anantherum muricatum* is another remedy which is one of the main indications for warts or moles on eyebrows.

Face; warts; eyebrows (6) : *Anac., Anan., Brucel., Caust., Nit-ac., Thuj.*

n) White lines around the mouth

Whiteness around the mouth is another observation that is often seen in children who need the remedy, *Cina.*

Face; white; mouth, around (3) : *Aeth., Cina, Sant.*

o) Dropping of mouth corners

This is often one of the clinical keynotes in neurological cases. Both of the remedies *Agaricus muscaris* and *Nux vomica* have this indication.

Face; dropping; mouth, corners (4) : *Agar., Haliae-lc., Nux-v., Tell.*

p) Tumor on upper and lower eyelid

This is a very good ndication of remedy Zinc .

q) rubbing and shaking the liver region with hands

This clinical observation is a sure tip for prescribing podo.

Dr. Sarkar's Clinical Approach

4

- ORIGIN, DURATION, PROGRESS -

When approaching a case, the chronology of the pathology is very important. The origin, duration and progress are also factors that one should consider.

How did the pathology progress? How did it proceed from one pathology to the next? What were the symptoms during that time? Which organs were affected? What was the type of pathology? All these questions can be one of the major factors on which a remedy is prescribed.

Carbo vegetabilis

Keynotes:

Carbo vegetabilis is especially known for ear pathologies after skin disease. Also, this remedy is well indicated in rubrics like *never well since typhoid, measles, pertussis* or even any infectious disease. This remedy is indicated in persons who have never fully recovered from the exhausting effects of some previous illness. There is asthma which dates back to having measles or pertussis of children. There in indigestion from drunken debauchery. Finally, there are bad effects of a long time ago, and this patient would never have been well since the effects of typhoid *(Psor).*

Carcinosinum

Keynotes:

No history of illness during childhood or many infections one after the other is one of the strong clinical indications of *Carcinosinum.*

Eucalyptus

Keynotes:

Hematuria or nephritis symptoms after malaria (which is rampant in Kolkata), is one of the major indications for *Eucalyptus.* The mind symptoms are the very opposite of *China officinalis.* The mind symptoms of this remedy would be dull, slow, low concentration, just like *Gelsemium.*

Ferrum iodatum

Keynotes:

Ferrum iod is clinically indicated in patients who have a past history of glands or tumors, or skin infections followed by nephritis. This remedy's strongest indication is the glandular enlargements after suppression of skin diseases or menstrual diseases. Acute nephritis following eruptive disease. Exopthalmic goitre following suppression of menses.

Helleborus

Keynotes:

After malaria or infectious diseases, when there is dropsy or sudden swellings,the remedy to be thought of is *Helleborus*. This remedy is also well-indicated especially in sudden swellings and can be differentiated with *Kali nitricum*. Dropsy after nephritis or malaria.

Kali muriaticum

Keynotes:

After vaccination, the main remedy to use when there are white coloured eruptions is *Kali mur.* Eczema after vaccination. Epilepsy after suppression of eczema. Hospital sore throat.

Kali phosphoricum

Keynotes:

In eye pathologies that occur after brain degenerative disease, *Kali phos* is the best indicated remedy. Squint after brain disease. After removal of cancer, when in the process of healing the skin is drawn tight over the wound.

Lac defloratum

Keynotes:

Lac defloratum is well-indicated in patients who have a history of liver or cardiac pathologies followed by dropsy.

This remedy has a marked aggravation during pregnancy, indications like various troublesome complications of pregnancy, during which there are innumerable metabolic changes that take place in the mother, affecting her general nutrition markedly. Dropsy after liver diseases.

The keynotes of this remedy include:

a. Obstinate constipation

b. Acidity

c. Polyuria during pain

Mancinella

Keynotes:

If the symptom is itching and falling of hair after acute disease, consider this remedy or the remedy *Thallium.* Also, these patients are mentally depressed at puberty and during climactric periods, with exalted sexuality and sudden vanishing of thoughts.

Natrum sulphuricum

Keynotes:

Chilliness with history of recurrent malaria is one of the main keynotes in the remedies *Aranea diadema* and *Nat sulph.* After malaria, this remedy is indicated Forgetfulness, change of personality after the head injury.

Phosphoric acid

Keynotes:

If the patient has any ear problems, especially hearing illness after acute diseases, give *Phos acid.*

Physostigma

Keynotes:

Paralysis and weakness of eyes after illness is the main indication for *Physostigma.* Paralysis occurs after any long standing disease. Vertigo bathing after and nausea decreases the backache

Podophyllum

Keynotes:

Many patients who get very dull and drowsy are ameliorated by *Podophyllum.* This remedy can have a similar picture to *Gelsemium* and *China officinalis,* in malaria. Sleepy after paroxysms of malaria is another indication for this remedy. The five "P"s of podophyllum are painlessness, profuseness, putridity, polychromatic, prolapse.

Prunus spinosa

Keynotes:

After chronic vascular disease, where the patient has oedema of the feet, often one sided, the remedy *Prunus spinosa* is needed. This remedy is used in cardiac dropsy after chronic diseases (if the dropsy is quite extensive, especially due to organic heart disease, think about *Stigmata* - corn).

Pulsatilla nigricans

Keynotes:

Metastasis going from glands to glands is one of the indications of *Pulsatilla.* We see this especially from the disease of mumps to generative organs. In the case of this, one can also think about *Parotidinum.* This remedy is indicated in mumps which metastasizes to mammae or testicles.

Pyrogenium

Keynotes:

This remedy is indicated in patients who have a past history of septic infections-tonsillitis, abscesses etc. Depending on the type of infection and organ affected the remedies to be thought of with this background would also be *Streptococcin & Staphylococcin.*

Often seen in clinical practice, we see the following indications for *Pyrogenium:*

- Mind is alert and active, with infections
- Pulse is disproportionate

Sepia

Keynotes:

Recurrent and relapsed cough which has never gotten better and continues to drag on is one of the major indications of Sepia. Whooping cough which drags on is a keynote. Mal treated malaria –start with sepia when there is no clear cut indication of any remedy.

Sulphur

Keynotes:

When an acute remedy fails even though it is indicated, the remedy that often completes the action would be *Sulphur.* In clinical experience, this remedy can complete the action of many other remedies including *Drosera, Aconite* and *Spongia.* When carefully selected remedies fail to produce a favourable effect, especially in acute disesases, *Sulphur* frequently serves to rouse the reactive powers of the system. This remedy acts to clear up a case (*Psorinum* in chronic diseases).

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- CONCOMITANTS -

One of the main investigative techniques that Dr. Sarkar uses in his approach is to find a concomitant symptom to the pathology.

Boericke Repertory is the most useful repertory with the clinical indications for these kind of concomitants.

Asthma

Asthma can present in many ways and is very individualistic. For asthma along with nightly pain in urination, think of *Solidago*. If the patient has asthma with sleeplessness, the remedy of choice should be *Tela aranea.* Asthma with joint pains and a build-up of uric acid, requires the remedy *Viscum album.*

Back Pain

The following list are concomitants of back pain along with the respective remedies:

- Alternating with headache = *Aloe, Brom, Melilotus*
- During stool = *Phos, Podo*
- Bending backward < = *Calc, Calc phos, Chel, Cimic*
- Bending forward < = *Pic acid*
- Coition after = *Cannabis indica, Nitric acid, Sabadilla*
- When coughing = *Bell, Bry, Acon, Ammonium carb, Calc, Caps, Kali bi, Merc, Nitric acid, Sep*
- Fasting when = *Kali nit*
- Emission after = *Staphysagria*
- Eructation > = *Sepia*
- Eating > = *Kali nit*
- Pain in back, after injury = *Con, Kali carb, Nat sulph, Thuja*

- Jarring < = *Bell, Graph, Sil, Carbolic acid, Carbo animalis, Sepia, Thuja, Theridion*
- Kneeling when = *Sep, Euphrasia*
- Patient sits leaning backwards + can't sit or stand erect + standing aggravates with history of diarrhea = *Zingiber officinalis*
- Spine sensitive to touch = *Agaricus, Chin ars, Theridion*
- Patient can only lie down after lower back pain (Injury) = *Acetic acid*
- Disc prolapse + the more you are sitting, the more the pain increases + nearly impossible to stand or sit erect after sitting for a long time in a posture + lumbar region extremely sensitive to jarring = *Thuja*
- Must take support while rising from sitting position,appetite increased, constipated with tendency to take cold = *Hydrastis*
- Lower back pain radiates upwards from thighs to knees, at night, ameliorated by passing stool = *Indigo*
- Cervical pain > passing stool = *Asafoetida*
- Compels to wake up before rising due to pain = *Staphysagr*ia

Cardiac Conditions

In the case of cardiac patients, my appeal to young homoeopaths is to first know the exact diagnosis, then get the symptoms which are exact and prescribe on this. Sometimes in acute conditions, it is better to take the advice of an allopath or refer to a cardiologist.

The following remedies can be helpful:

- Choking sensation in the throat during cardiovascular attack/angina= *Iberis*
- Most prescribed homoeopathic medicine in angina = *Tabacum*
- Angina pain radiating to the jaw and the scapular region = *Naja*
- Constricting pain in the chest > by elevating the shoulder = *Cactus*
- Numbness with pain, chest pain radiating to the left hand = *Kalmia*
- Chest pain >lying on high pillow> lying on the right side = *Spigelia*
- Slow movement > *Puls, Ferrum, Medo, Kali sulph, Gels*
- Chest pain > walking = *Gels, Mag mur*
- Person doing manual work = *Brom, Rhus tox*

Diabetes

Diabetes can be controlled by homoeopathic medicines. We can use concomitants to prescribe while considering a patient with diabetes.

For example, if we look at a case of diabetes with paralysis, we can confirm the remedy *Curare*.

When we look at the symptom of diabetes with thirst and burning, the remedy *Cephalandra indica* is the choice.

The following remedies are the main remedies can be used as intercurrents in patients with diabetes:

- Diabetes + burning like sulphur = *Cephalandra indica*
- Diabetes + *Thuja*-like = *Gymnema sylvestre*
- Diabetes + skin eruptions (diabetic foot) = *Syzygium jambolanum*
- Diabetes + rheumatism / menstrual irregularities = *Abroma augusta*
- Diabetes + emaciation /loss of weight = *Uranium nit*
- Diabetes + neurological disorders / numbness = *Curare*
- Diabetes + albuminuria (increased blood sugar) + *Rhus tox* like joint pains = *Rhus aromaticus*
- Diabetes + frequent urination + weakness + *Rhus tox* like rheumatism = *Glycerine*
- Diabetes + rapid increased blood pressure + chest constriction = *Adrenalinum*
- Diabetes + headache + dyspepsia = *Chionanthus*
- Diabetes + burning in stomach (acidity) = *Iris versicolor*
- History of repeated allergy + diabetes + chilly + craving sweets = *Thyroidinum*
- Diabetes + metabolic disorders (slowness, lethargy) = *Pituitrinum*
- Diabetes + exhausting cough with mucus + dropsy = *Squilla*
- Diabetes + degenerative conditions of vessels and brain = *Vanadium*
- Diabetes + acidity = *Pancreatinum*
- Diabetes + tired backache +insomnia + diversion of mind ameliorates= *Helonias*
- Diabetes + impotency + fainting = *Moschus*
- Diabetes + sclerosis of brain = *Plumbum iodum*
- Diabetes + dropsy + metabolic intoxication + eczema = *Urea*
- Diabetes + *Opium*-like "paralytic states" + constipation / urinary retention = *Morphinum*
- Diabetes + polyuria + complaints started from pregnancy + constipated = *Lac defloratum*

- Diabetes + joints pains + diarrhea after getting up + lot of flatulence = *Natrum sulph*
- Diabetes + blood sugar improved during pregnancy (pregnancy ameliorates) = *Tuberculinum*

Dropsy

Another example we can consider is the condition of dropsy. Considering the symptom dropsy with uterine pain, the remedy for this is *Convallaria majus*. The remedy *Helleborus* is indicated for dropsy without thirst.

The first thing to be done is to find the clinical diagnosis of the patient - What is the diagnosis? Where is the location of the oedema? Is it a CCF or is it after injury that the feet have swollen? Is it pitting or non-pitting?

The following remedies and their concomitants are used as intercurrents in conditions of dropsy.

- Dropsy + low blood pressure, collapse, *Carbo veg*-like + renal function impaired = *Acetanilidum*
- Dropsy + history of nephritis, rheumatism + palpitations like *Digitalis,* but there is a higher pulse = *Adonis*
- Dropsy (renal), even hydrocele is helped by this remdy + soreness of the body as a concomitant = *Ampelopsis*
- Dropsy + urine scanty (suppression of urine) + low pulse + history of alcohol + nausea + drowsiness + concomitant of amenorrhea = *Apocynum*
- Dropsy + overexertion of organs = *Arnica*
- Dropsy + metastasis from rheumatism to heart + induration of tissues + *Aurum* like symptoms = *Aurum muriaticum*
- Dropsy + dry skin + constant desire to urinate, burning urine = *Cahinca*
- Dropsy + hepatic complaints (portal circulation), often hepato hemorrhagic diathesis + varicosity + constipation + left lobe is sensitive = *Cardus marianus*
- From Knerr's Repertory - Retention: Prostrate, from swelling of + dropsy + prostate enlargement = *Chimaphila*
- Dropsy + cardiac-related overdistension, dilated ventricles + orthopnea + grief like *Ignatia* + soreness of uterine disease = *Convallaria*
- Dropsy + retention of urine, with pain in bladder, anus, rectum + *Thuja*-like symptoms = *Copaiva*
- Dr. Greene's main cardiac remedy – dropsy + insomnia (of aortic sufferers) + chilly + increased cholesterol + dyspnea on least exertion = *Crataegus*

- Dropsy + cardiac – hepatic backflow + low pulse + enlarged prostate + history of tobacco + *Natrum* like constitution – craves bitter , > empty stomach , depressed + least movement < = *Digitalis*
- Dropsy + urine scanty (renal failure) + slowness, dullness of sensorium = *Helleborus*
- Dropsy + after infectious disease – TB , streptococcal + vertigo + choking + conscious of heart's action + violent palpitations < exertion + darting pains across heart = *Iberis*
- Dropsy + trio of *Kali carb* – backache, weakness, sweat = *Kali carbonicum*
- Dropsy + rheumatism or glandular tumors + < night, < damp weather, swelling in bones, salivation, *Merc sol*-like = *Kali iodum*
- Dropsy + sudden in pace + suppurative nephritis, asthma and cardiac asthma + pains are dull stitching, throbbing = *Kali nitricum*
- Dropsy + suffocative breathing + hysteria = *Lac v*
- Dropsy + renal or cardiac pathologies + diarrhea with pain in lower back = *Liatris spicata*
- Lippe's main remedy for dropsy - dropsy (chest) + dyspnea (like *Arsenicum album*) + loose stools = *Mercurius sulph*
- Dropsy + cardiac and renal pathology + can't lie on left side + chilly + left-sided + headache left-sided+ recurrent MIs = *Naja*
- Dropsy + early cirrhosis + < meat, alcohol + < hot , damp weather + salivation at night = *Nitro muriatic acid*
- Dropsy + dullness, sensorial apathy + after nephritis = *Nit spiritus dulcis*
- Dropsy + nephritis (urine suppressed), scanty urine (Boericke writes that this remedy has many prostate troubles) = *Oxydendron*
- Dropsy + palpitations + fear as if death is coming = *Phaseolus*
- Dropsy + perspiration excessive + thyroid disorders = *Pilocarpine*
- Dropsy + cough < night, lying down + right sided headache like *Sanguinaria* = *Prunus spinosa and virginiana*
- Dropsy occuring slowly + involuntary urination on coughing + cough with much mucus, exhausting = *Squilla*
- Dropsy + renal origin + *Tuberculinum* like + allergy + pain in region of kidney = *Solidago virga aurea*
- Dropsy + like *Digitalis* (complementary) + extreme water logged cases = *Spartium scoparium*

- Dropsy + increased blood pressure = *Strophanthus*
- Dropsy + joint pains > warm water = *Strontium carb*
- Dropsy is at rapid pace + tympanitis + bladder involvement = *Terebinthina*
- Dropsy + injury especially as it is like *Arnica*, however it is also used in cardiac dropsy *Terminalia arjuna*

Fever and Chill

The following list are concomitants of fever and chill along with the respective remedies:

- Catarrhal fever, during menses = *Graphites*
- Changing paroxysm after abuse of homoeopathic potencies = *Sepia*
- Chill without subsequent perspiration = *Graphites*
- Chilliness with desire to be near a fire = *Cicuta virosa*
- Continued fever accompanied by tympanitis = *Kalmia*
- Dry heat at night, menses before = *Conium mac*
- Dry heat after coiton = *Nux vom*
- External heat, desire to be fanned during heat stage = *Carbo veg*
- External heat with yellow skin = *Mercurius cyan*
- Fever after abuse of ice water = *Carbo veg*
- Fever after coition = *Calc, Graph, Kali carb, Kreos, Lach, Mag mur, Nux vom, Sep*
- Fever with icy coldness = *Cadmium Sulph*
- Fever milk agg = *Aconite*
- Intermittent fever, following bronchopneumonia = *Chininum mur, Chininum sulph*
- Chilliness from putting the hands out of the bed = *Arnica, Baryta- carb, Hepar, Nux vomica, Tarentula, Tuberculinum*

A study of the relationship of thirst to the different stages of chill, heat, and sweat will, in my opinion, be very instructive.

- *Arn, Bry, China, Eup-per and Sulph* have thirst in the prodromal stage.
- For thirst during stage of chill, we may think of *Apis, Arn, Ars, Bry, Caps, Carb-v, Chin-s, Eup-pur, Eup-per, Ign, Nat-m and Verat.*

- We have thirst during heat under the following remedies: *Acon, Arn, Ars, Bry, Cham, Cina, Chin-s, Canth, Colch, Casc, Eup-pur, Elat and Nat-m.*
- Thirst during sweat is marked under the following remedies: *Ars, China, Chin-s, Cact, Nat-m and Stram.*

Rheumatism and Arthritic Conditions

The following list are concomitants of rheumatism and arthritic conditions along with the respective remedies:

- Rheumatism + gastric complaints = *Gnaphalium* (numbness), *Dulcamara* (paralytic weakness), *Abrotanum*
- Rheumatism + debility = *Colchicum* (joints cold to touch)
- Rheumatism + malaria = *Chininum sulphuricum*
- Rheumatism + heart complaints = *Avena sativa , Lithium carb , Kalmia, Spigelia*
- Rheumatism +diabetes = *Abroma augusta*
- Rheumatism + brain disease = *Opium*
- Rheumatism + profuse sweating = *Salicylic acid, Rhamnus californica, Calc carb*
- Rheumatism + any female disease = *Actea racemosa*
- Rheumatism + grief = *Ignatia*
- Rheumatism + cracking of knee joint = *Hura brasiliensis*
- Rheumatism + trembling gait = *Lactic acid*
- Rheumatism + falling forward = *Manganum*
- Rheumatism + bursa = *Ruta, Sticta*
- Rheumatism + ulcers = *Silica*
- Rheumatism + obstinate constipation = *Cascara sagrada*
- Rheumatism + perspiration = *Formica rufa, Tilia europea*
- Rheumatism + depression = *Apium graveolens*
- Rhueamatism + grief + cracking of joint = *Hura*
- Rheumatism + cardiac complaints = *Lithium carb*

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- ALLOPATHIC UNDERSTANDING and DRUG SIDE EFFECTS -

One major facet in clinical practice, is to understand allopathically what is happening with each patient. As a homoeopathic doctor, we must have a clear understanding of the allopathic medicines that were given to the patient along with the side effects of each respective drug.

This is another way to approach a case, where we treat layer by layer. In any case where the patient is heavily allopathically medicated, we can treat the side effects with great success.

The following remedies are clinical gems and are very useful in clinical practice.

Aristolochia clematitis

Keynotes:

Aristolochia clematitis is a valuable remedy considering at this present time there are many medicines which affect the hormonal systems. The numerous different contraceptive medications are just one example market.

When there is a past history of the use of contraceptive pills, the main remedy that can be useful is *Aristolochia clematitis.* This remedy is a mixture of *Pulsatilla + Sepia + Arnica.*

Natrum salicyclic acid

Keynotes:

With the history of fevers, ingestion of many allopathic medicines, like Crocin (The Indian brand of paracetamol), and when a *Gelsemium*-like state comes on in the form of dullness and/or listlessness with thirst, *Natrum salicyclic acid* is the main remedy for it. There is mainly analgesic action and anti pyretic action. This is the best remedy for the prostrating after-effects of influenza.

Salicylicum acidum

Keynotes:

In cases requiring the remedy *Salicylic acid,* there should be a history of pyrexia followed by allopathic medicines (Crocin/paracetamol) taken. Also, this is the main remedy for the patients who have a lot of weakness remaining after a fever. This is for the patient who has weakness after analgesics, or has analgesic induced gastric ulcers and asthma.

Vincristine

Keynotes:

I mainly use this remedy in cases of leukemia – all sorts. This remedy is very similar to *Plumbum metallicum* constitutionally (constipation, dry skin, emaciated with tumors).

A couple of things differentiate it from *Plumbum.* The hair is matted and often these patients have a weeping eczema. They are scratching all the time and overall have extremely sensitive skin.

Important allopathic medicine information and indications:

Vincristine (brand name, Oncovin), formally known as leurocristine, sometimes abbreviated "VCR", is a vinca alkaloid from the Catharanthus roseus (Madagascar periwinkle), formerly known as Vinca rosea and hence its name. It is a mitotic inhibitor, and is used in cancer chemotherapy. Vincristine is created by the coupling of indole alkaloids vindoline and catharanthine in the vinca plant.

- It is from a plant, Vinca rosea
- It causes hypoglycemia
- Major indication: leukemia, lymphoma, testicular cancer
- Children's leukemia, pediatric sarcomas
- Progressive neurological toxicity
- Motor dysfunction
- Severe constipation
- Abdominal Colic
- Alopecia
- Comatose stage

In mediastinal metastasis this remedy is very important especially for the symptom of cutting in lower oesophagus.

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- RELATION TO KNOWN REMEDIES -

Many times, smaller remedies are forgotten in the vast amount of polychrest remedies. In clinical practice, one must study and comprehend homoeopathic remedies which are similar, or are complimentary to these main remedies.

a) When the remedy *Thuja* is used in cancer cases, also think of the remedy ***Taxus*** as complimentary treatment. Another keynote is noises, rumbling in the abdomen while fasting. There is a ravenous appetite, 2 hours after eating.

b) The homoeopathic remedy ***Clematis*** has characteristic *Pulsatilla*-like mind symptoms along with urinary complaints. A clinical keynote is commencing stricture.

c) The remedy ***Gallic acid*** has *Stramonium*-like fears + *Tuberculinum*-like violence + hemorrhages and cough like *Phosphorus.* In this patient, there is wild delirium at night, very restless, jumps out of bed and sweats. The patient is afraid to be alone, is rude and abuses everyone.

d) ***Alumen*** as a homoeopathic remedy is used when the patient has deep pathology (like cancer and/orinduration or paralysis). Mentally-emotionally, they have *Alumina* and *Natrum muriaticum*-like depression. There is paralytic weakness, induration, dryness, constriction, especially adapted to old people. This remedy causes scirrhus of the tongue.

e) ***Angustura vera*** has a *Nux vomica*-like mind and *Ruta*-like physical symptoms.

f) The homoeopathic remedy ***Cenchris contortix*** can be used clinically in patients who are having respiratory distress. This patient has the restlessness, thirst, fears and inability to lie down of *Arsenicum album,* but has *Lachesis*-like mental qualities, and the important modality of tightness aggravates.

g) ***Sanicula*** patients are hot like *Sulphur* + perspiration like *Silica* + cravings like *Calcarea carbonica.* Overall, ***Sanicula*** is like *Calcarea phosphorica,* restless and affectionate. This remedy should be given when there is a history of ringworm, or a strong concomitant of constipation in addition to all of the above mentioned symptoms.

h) The main indication for the remedy ***Scirrhinum*** is when the patient is very alike to *Carcinosinum,* but in cancer, the tumor itself is harder + there are stomach symptoms like *Sulphur* (of hollow sensation) + history of worms.

i) ***Ichthyolum*** is a homoeopathic remedy that has *Carbo veg*-like symptoms of slowness + dullness + obese, along with *Sulphur*-like symptoms (hot + same cravings + perspiration).

j) ***Solanum nigrum*** has the characteristic burning and hot sensations of *Arsenicum,* the fears of *Stramonium,* and the pathology, jealousy, and gangrene-like symptoms of *Lachesis*. The main indication for this remedy is diabetic gangrene.

k) ***Solidago*** is a remedy which has a history of tuberculosis + allergies + pain in region of the kidney. Like *Berberis vulgaris,* the pain is alternating.

l) ***Anthracinum*** is a well-indicated remedy when there is any type of cancer + burning + *Natrum mur*-like depression, where consolation aggravates.

m) If the patient has a tired feeling like *Gelsemium,* plus a low grade fever, and a history of infection, ***Echinacea*** is the remedy of choice.

n) ***Rhus aromaticus*** is a remedy which has *Rhus tox*-like rheumatoid stiffness + diabetes.

o) ***Phytolacca*** is a remedy that falls between *Rhus* tox (restlessness) and *Bryonia* (worse from motion). The mind symptoms are very shameless, and can be represented by the rubric, Mind; Shameless; exposes the person. This remedy is specific for psoriasis and has given good results in clinic.

p) ***Chlamydia trachomatis*** is this generation's *Medorrhinum.* All the symptoms are like *Medorrhinum* with urinary and rheumatoid pathologies. Another keynote of this remedy is that the patient sleeps on the abdomen. There are also lots of pelvic pathologies like salpingitis or ovaritis. *Histaminum* is a good complimentary remedy to this one.

q) ***Enterococcinum*** is a remedy which has a history of diarrhea with a white tongue (we can differentiate between this remedy and *Antimonium crudum*). Also, in this remedy there is a feverish state like *Arsénicum* along with thirst.

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- TWO PATHOLOGIES -

When there is a combination of two or more pathologies which have nothing in common, this can be taken as the peculiar characteristic of the case and lead us to the appropriate homoeopathic remedy.

a) ***Formica rufa*** has a combination of polyps + arthritis.

b) ***Kali nitricum*** has a combination of dropsy + asthma.

c) ***Curare*** has both diabetes + debility.

d) ***Conium*** has both tumors + paralysis.

e) ***Convallaria majus*** has the combination of palpitations + pain in uterus.

f) ***Diptherinum*** has a combination of 3 pathologies, paralysis + tumor + gangrene.

g) ***Uranium nitricum*** has debility + dropsy + diabetes. This remedy has a keynote of rapid emaciation.

h) ***Lycopus virginicus*** is a remedy that has both blood pressure + thyroid complaints.

i) ***Carbo animalis*** has tumors + debility + slowness.

j) ***Coccus cacti*** is the remedy that has spasms + stones + dropsy.

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- SMALL REMEDY, BIG SYMPTOM -

Suppose we see a patient whose main complaint is cough which is aggravated by lying down, when we investigate the repertory, we see there are hundreds of remedies including the common polychrests like *Sulphur* and *Arsenicum album.* If we look at the smaller, more peculiar remedies, the remedy that has this symptom the strongest is *Aralia racemosa.* This is Burnett's favourite remedy for cough.

Adrenalin

Keynotes:

Constriction of chest + high blood pressure are the main keynotes of the remedy *Adrenalin.*

Ammonium benzoicum

Keynotes:

The indicated remedy for gout with urinary incontinence is *Ammonium benzoicum.*

Aralia racemosa

Keynotes:

Cough < lying down is the main keynote of the remedy.

Damiana

Keynotes:

Damiana is the main remedy for low sexual desire in females in its highest intensity.

Daphne indica

Keynotes:

Daphne indica has the main indication for craving for tobacco.

Guaiacum officinale

Keynotes:

Joint pains that are better with cold applications is a keynote of the remedy *Guaiacum*. This remedy is better by external pressure.

Gun powder

Keynotes:

When there are bone infections with total destruction, and if *Silica* and *Hepar sulph* fail, try *Gun powder*.

Hoang nan

Keynotes:

The keynote for this remedy is leprosy + the *Ignatia*-like mind.

Lamium album

Keynotes:

Lamium album is the remedy which has the main clinical indication of piles with hard stools.

Sabal serrulata

Keynotes:

Undeveloped mammary glands is one of the main indications for *Sabal serrulata*.

Sabina

Keynotes:

In female troubles with hemorrhages, where blood is fluid-like and many clots come, *Sabina* is well indicated.

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- ORGAN-SPECIFIC REMEDIES -

Famous French homoeopath Bernoville investigated many organ-specific remedies. He would specifically call these remedies *drainage remedies,* where the remedy is specifically indicated for that organ.

Ceanothus

Keynotes:

When spleen is affected the main remedy is Ceanothus.

Fel tauri

Keynotes:

The main site of action of the remedy *Fel tauri* is on the gall bladder and intestines.

Ferrum iodatum

Keynotes:

Ferrum iodatum has main action on the glands.

Ferrum magneticum

Keynotes:

The main site of action of *Ferrum magneticum* is on the palms of the hands.

Gnaphalium

Keynotes:

For this remedy, the main site of action is on the sciatic nerve.

Gossypium

Keynotes:

When the main action is on the ovary, think of the remedy *Gossypium.*

Gossypium herbaceum

Keynotes:

When the main complaint is in the ovary, think of the remedy *Gossypium.* Intermittent pain in the ovaries ,reflex condition depending on disturbed uterine function and pregnancy .

Gratiola officinalis

Keynotes:

Gratiola's main action is on the stomach. *Nux* symptoms in females are often met by this remedy.

Grindelia robusta

Keynotes:

Grindelia has main action on the respiratory organs. Profuse tenacious expectoration which ameliorates.Cannot breath while lying down, must sit up.

Hepatica triloba

Keynotes:

The main site of action of the remedy *Hepatica triloba* is on the throat. Viscid tenacious phlegm causes continuous hawking.

Hippozaeninum

Keynotes:

Hippozaeninum's main action is on the bronchioles. Bronchites of the aged, where suffocation is imminent from excessive secretion.Malignant open ulcers of the breast.

Ruta graveolens

Keynotes:

Ruta is the indicated remedy in the affection of small intestines and the rectum.

The keynote of this remedy is that it is *Rhus tox*-like without restlessness. It is used specifically in cancer of the brain, bones and eyes. Also, this remedy has nerve and bone tumors. The concomitant is extreme constipation.

Other keynotes:

- Sciatica, severe pains begin in the back and go down to the hips and thighs, pains tearing, comfortable during the day but worse as soon as one lies down at night, desires ice
- Nodules in tendons after sprains. Affects especially the wrists and ankles, worse cold, wet - weather and better by motion
- Pain after urination
- Pain in eyes, burning like fire during night

Important clinical indications for backaches in *Ruta:*

- Backache < rising up
- Backache < sitting after a walk
- Backache < sitting > walking
- Backache > pressure, > lying down
- Sciatica with burning, > cold, < lying, > motion, >sitting

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- REMEDIES MADE FROM THE SAME ORGAN -

Here, taking a leaf out of Constantine Hering's book, we investigate the use of remedies prescribed that come from the affected organ, in potentized form.

For example, giving the remedy *Retina* 200, for a patient of retinitis pigmentosa.

Other organs that have been potentized and used in practice:

- Optic nerve
- Retina
- Duodenum
- Carcinoma liver
- Carcinoma stomach

Using the remedies made from the same organs is an approach I use in an intercurrent manner.

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- REMEDIES RELATED TO HORMONES (SARCODES) -

If the symptoms of the patient show an excess and/or deficiency of specific hormones, we can use this to proceed with the case.

Cortisone

Keynotes:

When a patient comes with symptoms like obesity, a moon face, swelling on the back of the neck (like a buffalo hump), without anything to do with Cushing's syndrome, the remedy to think of here would be *Cortisone.*

Pancreatinum

Keynotes:

In cases where the pancreas is at fault, causing extreme burning, reminding one of *Iris versicolor,* the remedy to be thought of is *Pancreatinum.*

Parathyroidinum

Keynotes:

In extreme cases of calculi and calcification of glands, *Parathyroidinum 1M* is often prescribed. The pathological effect of the illness is covered by the remedy as well.

Pituitrinum

Keynotes:

This remedy is indicated in pathologies where the pituitary gland needs to be excited to increase the action.

For example, after a stroke the pituitary gland is affected. A dose of *Pituitrinum 1M* stimulates the vital force.

Thus, if we summarize the whole action of *Pituitary gland* in potentized form it will be obvious that it is based on two main factors:

1) Due to its anti-spasmodic property, it is useful in the following conditions:

   a. It relieves coronary spasm of old people with shooting pain or a sense of great precordial heaviness on the slightest exertion.

   b. It relieves irregular peristalsis in chronic colitis and also spasm of anus and rectum in asthmatic patients.

   c. Spasms of volvulus, intussusception and in intestinal obstruction from other causes, in old people and children.

   d. Strangulated hernia of old people, particularly in asthmatic patients with intense griping pain and also in many cases where indicated remedies fail.

   e. Some cases of gall bladder colic and renal colic when indicated remedies fail to respond.

   f. Obstinate cases of spasmodic dysmenorrhea.

2) Another sphere of action is on the uterus and mammary glands by stimulating the estrogenic hormones and corpus luteum.

   a. It is one of our chief remedies in delayed puberty and stunted growth with amenorrhea and atrophy of the breast due to endocrinal imbalance.

   b. It regulates the action of the corpus luteum in sterile women with defective development of breast, amenorrhea, cryptomenorrhea and favors conception in many cases.

Oophorinum

Keynotes:

Early menopausal symptoms like hot flushes, osteoarthritic changes, and hairy growth on face are the major indications of *Oophorinum.*

This is a great remedy for females of today's generation. Along with the remedy *Aristolochia clematis, Oophorinum* is the main remedy that can help especially in cases where there is early menopause, after which there are joint pains and osteoarthritis – the knee is specifically affected. It also should be thought for symptoms of menopause like hot flushes, obesity and depression. This patient has low blood pressure, is chilly and may have a history of over-the-counter contraceptive pills usage.

Thyroidinum

Keynotes:

If symptoms like easy tiredness, extreme chilliness, tremors, and low metabolism are present, they are diagnostic of hypothyroidism. *Thyroidinum* is the remedy to be thought of.

Allergies + *Calcarea*-like + vasomotor affections are the main keynotes of this remedy.

When you are taking a case, and what you see is that there is allergy, which is the main thing, the patient is reactive to everything (food, drug etc.) and when you go into past history of the complaint and you get allergies of different kinds of food, chemicals, odors, or having asthma or urticaria, it's definitely one of the most important remedies in my clinical practice.

- Craves sugar.
- Fat, perspiration, chilly.
- Perspiration on palms.
- Brown colored spots.
- Allergy.
- Increased blood pressure.
- Excessive appetite.
- Arrested development like *Baryta-carb.*
- Aggravated by least contradiction.
- Too much flatulence.
- Polyuria – especially in diabetes.
- One of the specifics for undescended testes.
- Symptoms aggravated during pregnancy.
- Especially useful in eye diseases, with central blindness.
- History of use of OC pills.
- Wants to lie down, doesn't want to do anything with anyone.

Dr. Sarkar's Clinical Approach

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- INDIAN DRUGS WITH RELATION TO HOMOEOPATHIC REMEDIES -

Indian remedies are used often in ayurvedic pharmacopeia with good results. They are often to be remembered with the other homoeopathic remedies, and can be used as comparisons.

Andersonia rohitaka

Keynotes:

This remedy is known as "Rohitaka" in Bengali, and has been named by all Hindu physicians as "Plihaghati", meaning that it does away with all splenic disorders.

There is constipation, which is a characteristic symptom of the drug. There is no desire for food, taste of the mouth is insipid or bitter and the patient feels laziness while getting out of the bed in the morning.

This remedy bears a great resemblance to *Cephalandra indica, Kalmegh, Azadirachta indica, Nyctanthes arbor-tristis* and *Khet-papapra* with regard to the burning sensation of eyes, face, hands and feet consequent to chronic fevers.

Open air, cold breeze or cold application generally mitigates or relieves all pains, especially burning of the body.

Azadirachta indica

Keynotes:

This remedy is known as the *Indian Lycopodium* and its common name is Neem. The mind state differs, where the *Azadirachta indica* patient is humble, sentimental and non-dictatorial. Like the *Lycopodium* patient, they have an aggravation from warmth, amelioration from flatulence, are aggravated between 4-8pm and crave warm drinks. These patients are generally worse in winter.

This remedy is also known as the 'hot *Lycopodium*' (Lycopodium patients who cannot tolerate heat). In my life, I have prescribed this remedy for many patients and have closely observed the symptoms. All of the symptoms are similar to *Lycopodium,* but cannot tolerate extreme heat.

Other keynotes of the remedy include:

- < Afternoon
- > Passing flatus
- > Eructations
- Desires warm food
- Loose stools
- Hot patient
- Mentally like *Pulsatilla* – mild, gentle, sober
- Spring <
- Damp weather <

Cephalandra indica

Keynotes:

This remedy resembles a *Sulphur*-like patient + diabetes. These patients have a burning sensation in the soles, in diabetes.

Cynodon dactylon

Keynotes:

This remedy is employed to stop vomiting in bilious complaints. It is also known to be an excellent remedy in hematemesis, epistaxis, hemoptysis, menorrhagia, leucorrhea, dysentery, bleeding from cuts and wounds, scabies, retention or suppression of urine and catarrhal ophthalmia. *Cynodon* is also administered in cases of chronic diarrhea and in cases of dropsy and general anasarca. In the cure of vesical calculus and in secondary syphilis, it has a place that is sure and pronounced. In cuts and wounds and also in bleeding piles, it is used both internally and externally. In dysuria, irritation of the urinary organs and also in gleet, its efficacy will always be found.

Desmodium gangeticum

Keynotes:

This remedy can safely be used in typhoid fever and cerebro-spinal meningitis when the patient feels pain all over the body. There is sleepiness or comatose sleep, headache is present and there is feeling as if the head is bound with a tape or a rope. Also, it can be used in intermittent or remittent fevers of children. It can be used when there is sleepiness or drowsiness and pains are all over the body. In this respect it bears a close resemblance to *Gelsemium* and in place of which it may be given. The fever comes on in the morning generally at seven am; there is slight chilliness, lasting for two or three hours; from the onset, burning sensation is felt over the face and eyes and in the hands and feet; flushes of heat come out of the face.

Ficus religiosa

Keynotes:

In the remedy *Ficus religiosa,* there is hemorrhage which is bright red + early morning flatulence (ddx with *Natrum sulph*).

Glycyrrhiza glabra

Keynotes:

This is the main remedy to decrease the cholesterol and fat in obese patients who have a *Calcarea carb* constitution. This remedy is indicated when the cholesterol is increased due to mental stress. It is a specific for ulcerative colitis

Justicia adhatoda

Keynotes:

This remedy is known as "Vasaka" in Bengali. It is very difficult to practise in villages without this remedy. I have given this remedy many times in coughs and colds. I had one patient with breast cancer who had recurrent cough and cold, I gave this remedy to great success. The cancer also reduced in size with this treatment.

Other indications include:

- Cough aggravated in a warm room.
- Aggravation from change of weather.
- Concomitant constipation.
- Paroxysmal cough like *Drosera.*
- Coryza followed by cough.
- Dry tongue with thirst.
- Shortness of breath with constrictive sensation.

This remedy is highly curative where sneezing troubles the patient. In whooping cough I have the greatest confidence in this remedy whenever catarrhal symptoms are noticed. The cough of *Justicia* is incessant and severe. The chest seems pregnant with phlegm and there is audible rattling of mucus, but very little is expectorated or it is loosened only with repeated hawking. The expectoration consists of tough, yellowish mucus. The cough is sometimes dry, spasmodic and constricted. There is a violent degree of dyspnea associated with the cough, so much so that there is a great fear of threatened suffocation. The child loses breath, turns pale, still and blue and there is rigidity of the body. There is usually vomiting with the cough and no food or drink is retained by the stomach. It also has a great loss of appetite and there is also obstinate constipation in the bargain. *Justicia* has some influence upon the hepatic system. In functional derangement of the liver, it is certainly an excellent remedy.

The characteristic mental symptom of this drug is irritability. The patient is easily angered. He is not in good humor and is very averse to holding a conversation. There is accumulation of gas in the abdomen and gurgling sound can be heard.

There is a constant and an eternal flow of mucus discharge accompanying any one of the complaints mentioned above. The head feels full, hot and heavy. The mucous membrane of the nose and eyes is violently congested, leading to a continuous flow of profuse coryza. There is entire loss of smell and taste.

Long paroxysms of violent retching cough; as if the chest would burst; with a bronchial rattle; obstructing breath; with sneezing, stiffening out (ddx. *Ipec.*), trembling or convulsions; with fever, are the main keynotes on which I prescribe this remedy.

Main rubrics:

- Coryza: cough, with.
- Coryza: fluent, watery
- Coryza: lachrymation, sneezing, with.

Menispermum canadense

Keynotes:

This remedy is known for being a menstrual regulator. It is very similar to *Cocculus*. The following are the indications for this remedy:

- Vertigo with copious bleeding during menses, menorrhagia and metrorrhagia, aggravated by movement.
- Excessive hemorrhage after delivery.

Ocimum canum

Keynotes:

Ocimum canum has symptoms like *Colocynth* (colic with wringing pain) + vomiting and nausea. The vomiting is associated with renal colic. This remedy has the irritability of *Cina,* the runny nose of *Allium cepa,* and the red lips of *Sulphur* or *Tuberculinum.*

Ocimum sanctum

Keynotes:

This remedy is known as "Tulasi" in Bengali. In history, this remedy has been considered the most sacred plant of the Hindus, dedicated to Vishnu. It has been used traditionally in religious ceremonies and strewn on graves. According to legend, Brinda was favored by Krishna and transformed into the plant. In Greek mythology the plant was said to have appeared when Oceanus, the arranger of combats given for Pallas, was killed by a gladiator.

Overall, this remedy is a good replacement for the modern day *Tuberculinum* patient– it easily supersedes the use of *Tuberculinum* in my clinical practice in children, especially in acute cases – many children need this remedy. It has a *Cina*-like mind state + *Bryonia*-like headache + red lips + recurrent infections.

Forgetfulness is a special keynote symptom of this drug - the patient forgets to perform his usual duties, and commits mistakes in talking. The children become irritable, always cry, and become quiet while they are being carried. Use this remedy when they are fretful and peevish, start from sleep and do not allow the physician to examine them.

It is especially indicated if diarrhea, cough and cold are present with fever. The peevishness of children is very easily removed by the administration of this remedy.

It is similar to *Baptisia* – indifference, falls asleep easily and drowsiness is present.

This remedy has *Bryonia*-like headaches (heavy, throbbing, better with pressure). The characteristic symptoms of headache are that it is relieved by application of cold water on the head or by fanning the head; if the patient keeps quiet or the head is wrapped up with a cloth, considerable relief is experienced, headache is worse while walking or by motion, the eyes get congested, eyes become red and there is lachrymation from the eyes. If these symptoms are present in common cold, *Ocimum* can be used with great benefits.

Other indications include:

- Eyes red
- Lachrymation hot
- Hot flushes
- Bitter taste in mouth
- White coating on tongue, bright red
- In asthma, can't lie on bed
- Red lips – congested
- When I see red lips in acute cases – just think of *Tub, Sulphur, Bacillinum* and *Ocimum*
- The lips are red, face is red and flushed, salivation takes place from the mouth and putrid ulcer is found in the mouth
- Involuntary urination
- No appetite
- Not better after stool

Fever symptoms for this remedy include:

- Fever with cough
- Cough with pain in chest like *Bryonia*
- Headache with fever
- Agg by change in climate
- Drowsy with fever

Ocimum has a wonderful action in checking the attacks of intermittent fever. The fever comes on in the afternoon with extreme chilliness and there may be shivering present. The hands and feet become cold and do not become warm easily. Numbness and tingling sensations are felt there and chilliness does not disappear even when exposed to the sunrays. There may be thirst or absence of thirst. Aching pains are felt in the feet and legs, and pains are felt all over the body. During heat stage, extreme heat and flushes of heat are felt over the face and eyes. Burning sensation is felt in the palms of hands and soles of feet, which is relieved by cold breeze and by placing cold water on the head. Along with the heat, sweat breaks out. Heat and sweat, and chilliness and heat may appear alternately.

It is used in fevers prevalent in rainy season, winter or spring or in other seasons. In typhoid fever, it is very useful. There may be chilliness, there may be heat, there may be burning sensation felt all over the body, there may be sweat, delirium, drowsiness or comatose condition or other symptoms present.

These are the symptoms and disease conditions for which *Ocimum* is generally used with excellent results. In short, it has turned out to be an excellent homoeopathic remedy. Many cases have improved and benefited by its timely use.

Oldenlandia herbacea

Keynotes:

The keynotes for this remedy are as follows:

- Increased temperature that is < early morning
- Intermittent fever – similar to *China* – fever comes and goes

Rauwolfia serpentina

Keynotes:

This remedy is known as the *Indian Aurum metallicum*. Sometimes you will see patients who have increased blood pressure and are depressed or irritable. However, this remedy does not have the syphilitic tendency like *Aurum met.* This remedy can help to control blood pressure and is used in mania and madness (in Uttar Pradesh). Sleeplessness + increased blood pressure is the keynote of this remedy.

Other indications for this remedy include:

- Depression, suicidal tendency, loathing of life
- Withdrawal effects of aspirin – depression.
- Palpitation, stool not clear - anxiety neurosis.
- Lacking power to face new problem, lack of confidence.
- Gradually becoming flabby.
- Hyperacidity < afternoon.
- Ineffectual urging for stool.
- Stomach symptoms < eating.
- Lazy, desire to lie down always.
- Hot patient.
- Cracks in soles.
- Craves cold drinks.
- *Rhus tox*-like joint pains that are better by motion.

- < Evening.
- Constriction on exertion, worse heat, worse warm, closed room, better open air, congestive headache, flushes of heat, dryness of nose, sleeplessness after midnight.

Saraca indica

Keynotes:

Saraca indica (Asoka) is regarded by the natives of India as one of the sacred plants of the Hindus and is found in abundance along the roadside in Eastern Bengal which is probably its ancient home. It grows plentifully in South India, Aracan and Tenasserim. In Uttar Pradesh close to Kumaon, the tree grows up to an altitude of 2000 feet. The people cultivate it in many parts of the country on account of its beautiful flowers.

The tree flowers in spring and its flowers are red. The married Hindu females worship this plant and the festival for worshiping it falls in spring when the new blossoms of the plant which are used on the festive occasion generally grow. If the term Asoka is literally translated it means the 'remover of all ailments'. The saints of ancient times have written the following about this plant:

"Whoever (a female) after having an ablution, with a pure body and mind, takes eight new buds of Asoka on the festive day fixed and recommended, gets rid of all ailments proceeding from menstrual disorders and the despondency of such a woman from sterility soon disappears as her craving for motherhood is generally fulfilled."

Basically this remedy is like *Mag carb* in the mind state and has *Sepia*-like female symptoms:

- Menstruation: type: delayed, tardy flow.
- Menstruation: type: irregular.
- Menstruation: complaints preceding and attending flow, pain: colicky, labor-like, spasmodic.
- Menstruation: complaints preceding and attending flow: pain: ovaries, in.
- Menstruation: menorrhagia.

From Knerr's Repertory:

- Genitals: eruption: miliary
- Genitals: heat
- Leucorrhea.

- Leucorrhea: milky
- Leucorrhea: odor: foul
- Leucorrhea: thick
- Leucorrhea: watery
- Leucorrhea: white
- Uterus: heat: cervix, of
- Uterus: hemorrhage: climacteric period: during
- Uterus: spasmodic pain: leucorrhea, with thick whitish, foul-smelling, watery or milky
- Uterus: swollen: cervix
- Uterus: swollen: cysts, as if full of, especially right side
- Uterus: throbbing: painful, with swelling, as if from a tumor or dropsy

From Lippe's Materia Medica:

- Cravings for acids, pickles, sour things; also for sweets and candy. Excessive nausea
- Headache, reflex uterine, congestive, > open air, free flow of menses
- Nasal catarrh, with profuse watery discharge and loss of sense of smell

Menses suppressed and irregular, headache due to suppression of menses, severe headache due to scanty flow of menses with severe pain all over the lower parts of the abdomen, pain in back and thighs, menstrual colic, delayed and irregular menses; menstrual discharge scanty, pale and watery, sometimes with bad odor and blackish, slightly clotted and painful. Amenorrhea at puberty with headache, palpitation, hysteria, loss of appetite, constipation, pain in ovarian region, congestive feeling in pelvic organs as before menses, pain in both ovarian regions, pain in the sacral region, better on the appearance of menses with free flow; bladder irritable, desire for frequent passage of urine.

Dreams:

- Dreams: frightful
- Dreams: journey

This drug is principally used by the native physicians of this country for menorrhagia, metrorrhagia, leucorrhea from delayed menses or in the place of menses; infantile leucorrhea, child getting thin and emaciated in spite of getting usual nourishment.

Solanum xanthocarpum

Keynotes:

We know this remedy as "Kantikari" in Bengali. This remedy is very *Causticum*-like. It is unquestionably a grand medicine in strictures, suppression or retention of urine and stones.

The keynotes of this remedy are the following:

- Hoarseness with cough and voice changes – aggravated by change in weather
- Allergic to dust and cold weather
- Cough – with profuse expectoration

Syzygium jambolanum

Keynotes:

This remedy has the following combination of symptoms: diabetes + skin disease history + sun allergy + obese patient.

Terminalia arjuna

Keynotes:

This remedy has *Arnica*-like injury + heart circulation issues.

This remedy supersedes *Arnica* in cases of injury - be it any kind of injury (bone injury or deep tissue injury). If the pain is remaining after injury, give this remedy, it will heal quicker than *Arnica.* I have often used it as a local application as well. Higher potencies help the patient recover quickly, like 200C and 1M.

This remedy is known for being a cardiac tonic, and in difficult cases with cardiac pathology with palpitations and dropsy, think of this remedy. If *Crataegus* or *Convallaria majus* do not help, please think of *Terminalia arjuna.*

The ayurvedic physicians (called 'Kavirajas') of our country have been using this drug independently or as one of the ingredients in all sorts of heart diseases with marked success for a long time. They use it in both functional and organic diseases of the heart - angina pectoris, palpitation of the heart, pain in the heart, and weakness of the heart. It is a very well-known cardiac remedy amongst our native Kavirajas.

Also, in fractures or pains all over the body due to a fall and all sorts of ecchymosis, the action of this drug is supreme.

Terminalia chebula

Keynotes:

We know this remedy as "Haritaki" in Bengali. The main indication for this remedy is chronic constipation. Use this remedy when no other acts.

The following are the keynotes of this remedy:

- Bleeding piles
- *Ruta*-like backache >lying on something hard
- Vertigo < sun
- Backache < sitting (like *Berberis*)
- *Nux vomica*-like urging is there but no stool comes out
- Frequent ineffectual desire for passing stool, but passes very small quantity of faeces with great force or sometimes with ineffectual action to pass stool. After much trying a little quantity of faeces comes out with great force
- Sweat while passing stool
- Attached to children
- Clingy
- Cannot be alone
- Fear of something bad will happen
- Emotionally attached
- Fear of thunderstorm
- Hard working

Thymol

Keynotes:

The keynotes of the remedy include *Selenium*-like sexual neurasthenia + *Ferrum's* tendency of having their own way + worm disease.

Other indications include:

- Tired aching in lumbar region
- Awakes unrefreshed
- Lascivious

Thymus serpyllum

Keynotes:

When you see a patient in grief and if they feel a choking sensation in the throat all the time, be it any pathology – think of *Ignatia.* In cases where there is no history of grief and symptomatically there is choking and empty swallowing aggravates – think of this remedy.

Tinospora cordifolia

Keynotes:

This remedy is known as “Gulancha” in Bengali. The keynotes are as follows:

- Chronic fevers – dengue and viral hepatitis
- Excessive palpitation of heart
- *Cocculus*-like mind – very anxious about family members
- Leprosy
- Burning while urinating
- Afternoon chills with shivering
- History of seminal losses

In chronic slow fevers, its action is sure and certain, in cases where there is a history of gonorrhea and weakness due to seminal emissions. Due to excessive use or maladministration of quinine, if the fever continues, if burning sensation is felt in face, hands and feet, if there is enlargement of the liver and spleen, jaundice with yellow colour of the eyes, no desire for food, and headache, *Gulancha* may be safely given.

Tribulus terrestris

Keynotes:

Tribulis terrestris is the main indicated remedy for kidney drainage.

It has symptoms which mimic *Cantharis* (tremendous burning) + *Berberis vulgaris* (action on calculi and uric acid levels) + *Lycopodium* (impotency).

Trichosanthes dioica

Keynotes:

This remedy is known as “Patal” in Bengali. Mainly in cases of chronic malaria and dengue and often in viral hepatitis, we use this medicine. Fever + *Podophyllum*-like loose stools + *Ipecac*-like nausea are the keynotes of the remedy.

Podophyllum-like loose stools is a characteristic symptom of this drug. The patient passes copious loose stools, they are of green or yellow colour; may be mixed with bile and mucus. Bloody stools appear without cessation and cause profound prostration and exhaustion.The stools may be mixed with mucus. Frothy stool, during its passage no pain or uneasiness is felt; after stool, urging and straining continue for a long time; prolapsus of rectum; burning in anus; pain and gurgling in stomach exist; smarting pain after stool is a keynote symptom of its application. Passage of involuntary and bloody stools is the main indication.

Other indications include:

- Vertigo with extreme headache during fever
- Nausea and water brash
- Hungry
- Liver enlargement
- Frequent passage of stools
- Fever is intermittent - comes and goes

Vernonia anthelminthica

Keynotes:

This remedy is known as “Somraj” in Bengali. It is like *Cina* but without the irritability.

The keynotes of this remedy are worms + grinding of teeth + nocturnal enuresis.

Dr. Sarkar's Clinical Approach

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- BACH FLOWER RELATION WITH HOMOEOPATHIC REMEDIES -

Bach Flower Remedies are very useful in homoeopathic practice. We can use them successfully in potentized form as well.

Agrimony

Keynotes:

Agrimony is comparative to remedies like *Ignatia,* they like to keep the grief inside. This remedy feels tortured, is fearful, yet talks with a smiling face. There is suppressed grief, and these patients hold their breath to get rid of pain (ddx. *Belladonna*). There are hepatic and renal affections. This remedy is useful after suppressed mental traumas, and is often used in cancers of the stomach. These patients will never discuss their suffering with anybody, and often there is a conflict between employer and employee. The suppression can lead to psychosomatic disorders. There is also artificial smiling in this remedy.

The mental emotional picture for Agrimony is a keynote in itself. The patient who needs this remedy has masked troubles; is anxious and worried internally, has forced cheerfulness externally; hides ones sufferings, even though suffering internal torment; is full of interest in life; is a daredevil and reckless in all ways, is active and restless, always on the move, requires little sleep, is interested in the occult and magic, makes believe one is happy and cheerful while at heart one prefers death, seeks excitement, desires stimulants and is worried by an imaginary prosecutor.

Crab apple

Keynotes:

Crab apple is very similar to the remedy *Lac caninum.* There is a sense of uncleanliness, fogginess of the eye, tonsillitis, sore throat, ulcerative disorders of the mouth, burns and scalds.

Larch

Keynotes:

Larch is very similar to the remedy *Silica.*

Star of bethlehem

Keynotes:

This remedy is used for patients who have mental shock causing cancer like pathologies.

Dr. Sarkar's Clinical Approach

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- CHILDREN'S TYPES -

There are some remedies which are used more often in clinical practice for children, which may not be used traditionally.

MMR vaccine

Keynotes:

This remedy is good for those patients who experience complaints from taking the MMR vaccine. This remedy is indicated especially in children with ADHD, and has become widely useful in clinical practice.

Morgan pure

Keynotes:

Morgan pure is a bowel nosode with *Sulphur*-like indications.

Saccharum officinarum

Keynotes:

- Fat obese children
- Cross irritable like *Cina*
- Refuse food always
- Craving sweets
- Hyperactive
- Restless

Teucrium marum verum

Keynotes:

This remedy is indicated for sensitive children. Even the least bit of cold air or anything else aggravates the child. All factors aggravate the child's complaints.

patient has an inclination to constantly blow the nose, but the blowing does not relieve the complaints. There are pricking pains in the nose, ingrown toe nails, loquacity during fever, excitement on hearing horrible things, perspiration after excitement, desire for exercise, and hiccups after eating. This patient is aggravated by the full moon.

Torula cerevisiae

Keynotes:

Torula is a remedy for children that is like *Thuja.* This is the remedy for children of today who have gone through multiple immunizations, or there have been multiple foreign bodies which produce immunization hazards. There is also a concomitant of obstinate constipation

Dr. Sarkar's Clinical Approach

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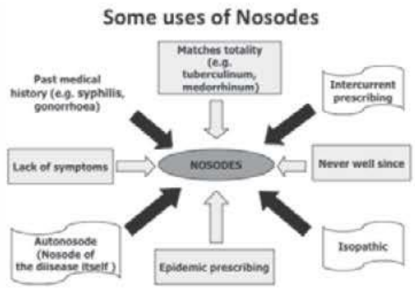
- BOWEL NOSODES and OTHER NOSODES -

Bowel nosodes and other nosodes are useful in clinical practice.


Some uses of Nosodes
Matches totality (e.g. tuberculinum, medorrhinum)
Past medical history (e.g. syphilis, gonorrhoea)
Intercurrent prescribing
Lack of symptoms
NOSODES
Never well since
Autonosode (Nosode of the diisease itself)
Epidemic prescribing
Isopathic

"The value of the nosodes of human disease products lies in the fact that each one in a different relationship possesses the sum total background of racial miasmatic development. In this connection I offer a suggestion in the social study of the much discussed psychology of 'mob action' often syphilitic in its brutality and unreasonableness, sycotic in action and persistency, and psoric in the welding of many persons from various social strata toward a unified purpose. The explosive element represents the release of the suppressed miasmatic accumulation, producing an effect entirely against the routine of long established custom."

- Waffensmith, 1929.

Anthracinum

Keynotes:

- History of cancer, tuberculosis, diabetes,
- Craving, aversion or intolerance of one or more of these - salt.

Other indications include:

- Afraid of cars and react as if every car were about to run over them. (Didier Grandgeorge).

- Similar to *Natrum mur* but chilly patient and liking the sun
- Fear of being alone
- Anxiety about others
- Allergies from petroleum product
- Craving for sweets
- Small wounds bleed easily- must put it under cold water
- Allergic to mosquito bites- gets yellow blisters discharging yellow moisture
- Cannot keep legs still, cannot sit for long - tries to be in motion as much as possible

Bacillinum

Keynotes:

This remedy's greatest use is in superficial bladder papilloma & malignancy.

Candida parapsilosis

Keynotes:

This remedy was proved by Donald Brown and Andrew Lange in 1989. The manifestation of candida in humans includes women with vaginitis, babies with diaper rash, or patients with oral thrush. It has great use in immuno-compromised patients.

Other indications:

- Esophagitis: Burning sub-sternal pain worse with swallowing in healthy host. Candida does not infect the esophagus in immuno-compromised patient
- Disseminated candida can invade the blood stream and virtually any organ. When systemic candidiasis is suspected the retina must be visualized.
- Multiple white fluffy candidal patches occasionally may be visualized.

Carcinosinum

Keynotes:

- Adapted to persons with brownish, café-au-lait complexion
- Adapted to blue sclerotics with numerous moles, warts and birth marks anywhere on the body
- It is useful when the indicated remedy shows partial improvement or fails to cure or has temporary amelioration

- H/o recurrent attacks of bronchitis, pneumonia, whooping cough, measles, chicken pox, tonsillitis, diphtheria or any infectious diseases etc. or absence of any infectious diseases in childhood
- H/o insomnia in childhood
- History of cancer, tuberculosis, diabetes, pernicious anemia, syphilis
- Craving, aversion or intolerance of one or more of these - salt, sweet, meat, egg, milk, fat and fruit
- Position of patient in sleep is knee-elbow position, curling up like a dog
- Better or worse in sea air
- Tendency to insomnia
- Very much fastidious; wants everything neat and clean
- Enjoys rainy season
- Marked sensitivity to rhythm, love for dancing or sensitivity to music
- Wants travelling

Coccal co (Paterson)

Keynotes:

The derivation of this remedy is from *Staphylococcin* and is related to the remedy *Tuberculinum.*

Clinical indications:

- Series of carbuncles

Escherichia-coli (Colibacillinum)

Keynotes:

This remedy was introduced by Vannier in 1953. Colibacillosis is a reaction of the organism to the two endotoxins of E.coli. One affects the intestines, the liver and the excretory system, while the other affects the nervous system and in some time, can evoke a psychotic symptom picture.

Clinical indications include:

- Sadness and weariness
- With digestive disturbance
- With urinary trouble
- Timidity and loss of self-confidence
- Weakness of memory especially of recent events

- Oppression- suppression
- Tongue coated yellowish white with a red, clean stripe down the center.
- Chronic bladder infection and one sided swelling of upper eyelid.

Enterococcinum/Enterococcus faecalis

Keynotes:

This is the most destructive causative agent of endophthalmitis following cataract surgery. It is the second most common organism (first one is *E. coli*) recovered from nosocomial or hospital acquired infection *(Kali-m)*.

Clinical indications:

- Recreational and swimming-water related gastroenteritis
- Diarrhea, loss of appetite and milky white coated tongue
- Stools like cow dung
- Diarrhea in the morning, waking with urging, 4 - 9 a.m.
- Diarrhea after emotional excitement
- Diarrhea during menses
- Pain in muscles and joints

Insulinum

Keynotes:

This is the main remedy with diabetes + skin eruptions and the overall constitution is like *Phosphorus*.

From a dynamic standpoint, it will be observed that *Insulin* in potentized form has even greater utility where glycogenic balance of the liver is disturbed. In cases of hepatitis and hepatic enlargement where the liver is embarrassed by a long, continued toxic process, it has a very great scope.The therapeutic hints of *Insulin* on the dynamic plane can be thus summarized:

1) Chronic intestinal disorder, especially with looseness of bowels with enlarged liver. The more chronic the diarrhea, the more indicated is Insulin.
2) Ulcers, boils, bed sores, hypopyon as after-effects of acute infectious diseases with disordered liver.
3) Chronic otorrhea and mastoiditis in emaciated children where the pus is thin, especially when combined with enlarged liver and chronic diarrhea or as after-effects of acute infectious diseases.

4) In some cases of intractable eczema, with chronic liver troubles, it is a great reactive remedy in allergic eczema.

5) Suppuration of the scrofulous glands in the neck or any other types of suppuration on this part of the body to which it has got a particular affinity.

In this remedy the main indications are that there is a past history or family history of tuberculosis + diabetes. The main keynote in this remedy is painlessness + enlarged liver + loose stools. There is also a tendency to acne and boils. It can be used as a useful intercurrent remedy.

Medorrhinum

Keynotes:

- Weakness of memory; cannot remember names, words or initial letters
- Cannot speak without weeping
- Many mental symptoms are < when thinking of them
- Ravenous hunger immediately after eating
- Constant thirst, dreams she is drinking
- Insatiable craving; for liquor, for sweets, ice, acids, oranges, green fruits
- Asthma: choking caused by a weakness or spasm of epiglottis; > by lying on face and protruding tongue
- Breasts cold as ice to touch, especially the nipples, rest of the body warm
- Burning of hands and feet, wants them uncovered and fanned
- < When thinking of the complaints, heat, stretching, thunderstorm, from daylight to sunset
- > At the seashore, lying on stomach, damp weather

Morbillinum

Keynotes:

This remedy is used for measles vaccination and adverse reactions, there are also sequelae of measles.

Other indications include:

- Worsening of active tuberculosis
- Reactivation of latent mycobacterial infection
- Chronic inflammation of the eye, otorrhea, glandular swelling, chronic inflammation of periosteum and joints

- SSPE (Subacute sclerosing panencephalitis)
- Combination of chicken pox and measles dramatically increase the risk for SSPE
- Guillain-Barre syndrome

Myobacterium avium subspecies Paratuberculosis (MAP)/Mycobacterium paratuberculosis (Johneinum)

Keynotes:

Known as Johneinum, as a homoeopathic remedy, MAP has been implicated since 1984 as a cause of Crohn's disease. It was proven by Louis Klein in 2002.

Mind symptoms include:

- Insensitive to suffering
- Dreams of cat
- Dreams of toilets
- Suspicious
- Cursing
- Forgetful
- Messy

Modalities include:

- < Morning on waking
- < Lying down (headache, menstruation)
- Constant eating of small amount
- Diarrhea alternating with constipation

Osteoarthritic nosode

Keynotes:

This remedy has very similar symptoms to *Rhus tox* + right sided affections + the *Sepia*-like indifference.

Parotidinum

Keynotes:

This remedy is known as *Ourlianum* in France and was proven by Karl Josef Muller in 1998.

Clinical indications:

- Industrious
- Cheerful
- Copious perspiration on forehead on waking
- Diplopia - right and left side of the field of vision is uneven *(Hyos)*; one side seems higher than the other side
- One sided toothache, < right side, extends to ear
- Thirst ++
- Stiffness of the nape of neck
- Carcinoma of head of pancreas

Pneumococcin

Keynotes:

Pneumococcus is the commonest cause of acute otitis media; it is found in 28%-35% of all middle ear aspirates. Patients are not well since that episode. There is constitutional neurological complication following meningitis or recurrent otitis media or sinusitis.

Other indications include:

- Stomach pain, especially when hungry, > eating
- Traveller's constipation
- Dry cough < entering in open room and when clearing the throat
- Burning sensation during coition
- Glaucoma with h/o pneumonia

Psorinum

Keynotes:

In chronic cases when well selected remedies fail to relieve or permanently improve, this remedy is well indicated.

Other important indications include:

- Ailments from suppressed itch or other skin diseases
- Lack of reaction after severe acute diseases - appetite will not return
- Great sensitiveness to cold air or change of weather; wears a fur cap, overcoat or shawl even in hottest summer weather

- All discharges- diarrhea, leucorrhea, menses, and perspiration have a carrion-like odor
- Feels unusually well day before attack
- Profuse perspiration after acute diseases, with relief of all suffering
- Hungry in the middle of the night; must have something to eat

Pyrogenium

Keynotes:

- Jarish- Herxheimer reaction: Most patients with syphilis will develop an acute worsening of their symptoms immediately after antibiotics are started. Symptoms include a mild fever, headache and muscle aches. The killed organisms release a pyrogen (fever producing enzyme) that causes these symptoms. This self-limiting reaction is called *Jarish- Herxheimer reaction.* This may occur with most spirochetes.

Staphylococcinum

Keynotes:

This remedy can be used in patients with a history of skin infections. It was proved by David Riley. The origin of the word is "Stapyle", which translates to bunch of grapes.

Other clinical indications:

- Staphylococcal Scalded Skin Syndrome (S.S.S.S.): Recurrent boils, styes, infected acne, mastitis after labor
- Toxic Shock Syndrome - associated with use of vaginal tampons but also seen in post-operative and post-partum women. Diminished urine output and increased creatinine level are almost universal
- Feeling victimized, 'why is this happening to me?'
- Diarrhea early in the morning
- Uncontrollable diarrhea
- Elbows feel stiff

Streptococcinum

Keynotes:

This is a great remedy for patients who have a history of streptococcal infections and throat symptoms. The mind symptoms are like *Pulsatilla* – sympathetic, weeps at drop of the hat, and is worse by cloudy weather

Other symptoms include:

- Sympathetic
- Wandering pain
- History of streptococcal infection/septic tonsillitis
- < Consolation
- Weeps after emotion
- Delusion as if somebody is crying for help. Auditory hallucinations
- > Open air
- Suspicious that people are talking about them
- Time passes too slowly, appears longer
- Hurry, haste, enraged and vengeful
- Delusion will become insane
- Modalities: < consolation, humid weather, draft, when beginning to move, > open air, continued motion, > extending the back or leaning back backwards

This remedy is suitable for married women with an extreme aversion to sexual relationship, an extreme aversion to meat, epilepsy and aggravated by the new moon and full moon. There is also a craving for salt (ddx. *Causticum*).

Sycotic compound

Keynotes:

- Fear of dark, of being alone, animals and dogs
- Irritability
- Sycosis: catarrhal infection of the mucous membrane in U.T.I.
- Catarrhal condition, yellow, greenish thick discharge < cold, damp weather
- Intolerance- egg. Even thought of egg causes nausea
- < Egg, fat, onion, orange and at 2-3 a.m.
- Face puffy in the morning especially under eyes
- Restless feet at night in bed
- Oily skin, warts on muco-cutaneous surfaces

Syphilinum

Keynotes:

- All symptoms worse at night; from sundown to sunrise
- Pain from darkness to daylight; begin with twilight and end with daylight

- Pain increase and decrease gradually; shifting and require frequent change of position
- Loss of memory; cannot remember names of books, persons or places
- Eruptions dull, red copper colored spots becoming blue when getting cold
- Leucorrhea profuse, soaking through the napkins and running down to the heels

Tuberculinum aviaire

Keynotes:

This remedy was introduced by Cartier in 1896. No proving was done. It acts primarily on left ear, apices of lung and kidney.

Other clinical indications:

- Indicated in influenza, grippe and its sequelae
- Pulmonary complication of measles
- Palms hot and sweating
- Weakness with anorexia

Tuberculinum bovinum

Keynotes:

This remedy acts primarily on the immune system. It is used for plethoric persons, who are tired and very susceptible to take cold with autoimmune disease e.g. Crohn's disease.

Additional indications:

- Allergy to cow's milk and cat's hair
- Periodic headache with pain in neck
- Perspiration on nose
- Constipation
- Relaxed scrotum

Tuberculinum Denys

Keynotes:

- In history, a bacteriologist - Denys of Belgium filtered beef broths in which human tuberculin were grown

- Primarily acts on hormonal system
- Adapted to hydrogenoid constitutions, plethoric persons who look healthy but are obese and eat too much
- Sudden and violent attacks of depression, migraine, coryza and gastritis
- Sudden attacks with weakness in pre-tubercular persons who are subjected to digestive troubles
- Hypotension, low BP
- Lips are fiery red
- Chest pain, in intercostals and in nipples especially right precordial pain < walking or slight exertion

Tuberculinum Koch

Keynotes:

- Acts primarily on 'thyroid gland'
- Lean persons with small chest who need to move (state of hyperthyroidism)
- Pale lips with 'vertical cracks'
- Blood pressure was usually lowered and the Hb% content is diminished
- Patient could not put on weight in spite of all efforts
- Aversion to food specially sweets

Typical dreams of this patient:

- Enuresis nocturna while dreaming of sitting on the toilet and emptying the bladder at one's leisure
- Being devoured by fish or dogs
- Flying over a landscape
- Pigs

Tuberculinum Marmorek (Xylin)

Keynotes:

This remedy was made by the French bacteriologist Marmorek in 1903 from serum of horses injected with successive doses of tuberculin obtained from filtrates of human tubercle bacilli. Horses were treated with culture of streptococcus recovered from the sputum of tubercular patients. It is a combined picture of *Tuberculinum* and *Streptococcinum.*

Clinical indications include:

- Skinny, anorexic children with lack of resistance and disposed to acute otitis
- Small and dry lips
- Tongue dry, red and furrowed
- Asthma alternating with wandering rheumatism
- Lean, nervous and anorexic people with intermittently discharging chronic fistula
- Symptoms resemble *Sulphur*

Tuberculinum residuum Koch

Keynotes:

This remedy acts primarily on fibrous tissue and produce fibro-chondro-osteo-mesenchymatic sclerosis.

Other indications include:

- Lean, weak persons with grey colors of face
- Crack of external third of upper lip, dry cracked lower lip
- Dupuytren's contracture
- Chronic rheumatism with ankylosis
- Acne tuberosa on back and shoulder
- Symptoms ameliorated by rest and stretching
- Heaviness of head and dimness of vision; has to pucker up eyebrows to see clearly
- Pyrosis, eructation and regurgitation of an acidic, burning liquid

Dr. Sarkar's Clinical Approach

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- ALLOPATHIC DRUGS AND TOXICOLOGY -

This is just the beginning of a revolutionary approach in homoeopathy. I am always trying to think of different ways to heal the suffering and as there are a lot of failures in cancer cases, this made me think out of the box. This approach cannot be used solely, but it has to be used along with other approaches, or it can be used through an intercurrent approach.

This began when I was visiting the out-patient departments in NIH hospital – I was seeing almost 70-80 cancer patients every day and I was not able to give results in all the cases. Many patients who were taking treatment under me died as they were terminally ill cancer patients. These patients were left by allopaths telling them that they would only live a few days.

Now, I don't think we can cure them, but cure is a very relative word. We can definitely help them to decrease the amount of suffering which they undergo.

Initially, I started giving a few remedies as complementary to our so-called constitutional remedies. As I was seeing a great number of patients I was able to see a clinical pattern in them and began recording this very pattern. After a few cases, I was very confident because I was seeing miraculous results.

I remember one case where I was giving *Thuja* for prostate cancer and it was not getting better. Then I started *Ferrum picrate,* another important remedy with indications, but I couldn't see relief. With hope dwindling, I gave a few doses of *Flutamide 30C.* In a week's time, the PSA changed. I still have the reports which read that it came down from 600 mg/dl PSA to 3 mg/dl PSA.

After this, I started seeing more and more prostate cancer patients and I elicited a characteristic indication of it. It is similar to *Thuja* with brown spots on the skin, chilliness and early morning stool.

A word of caution should be mentioned here. It is with a lot of dedication and preciseness that I prescribe these remedies. These remedies need to be prescribed as an intercurrent to the main remedy. They act as a complementary and are an immense help.

I would like to share with you a few confirmed indications of remedies that I am using in daily practice.

Aspirin

Keynotes:

Aspirin is known as *Salicylic acid* in homoeopathic medicine. Homoeopathically, there should be a history of pyrexia followed by allopathic medicines (Crocin/paracetamol) taken. Also, this is the main remedy for those patients who have a lot of weakness remaining after a fever. Aspirin is one of the most widely consumed analgesics today.

Mainly, this remedy is used as a tautopathic drug, where there is history of recurrent fever, and a lot of paracetamol is taken.

Carboplatin

Keynotes:

This remedy is very similar to *Cisplatin* but with no ear concomitant symptoms and less of renal damage. I am using it in ovarian tumors and am often using this remedy as a complementary to *Platina i*n cases of ovarian tumors. A couple of cases who I had given *Palladium* also responded to *Carboplatin.*

Important allopathic information and indications:

Carboplatin, or cis-diammine(1,1-cyclobutanedicarboxylato)platinum(II) (trade names Paraplatin and Paraplatin-AQ) is a chemotherapy drug used against some forms of cancer (mainly ovarian carcinoma, lung, head and neck cancers). It was introduced in the late 1980s and has since gained popularity in clinical treatment due to its vastly reduced side-effects compared to its parent compound cisplatin. Cisplatin and carboplatin belong to the group of platinum-based antineoplastic agents, and interact with DNA to interfere with DNA repair.

- Ovarian cancer, lung cancer, especially for bone marrow cancer are other indications like cisplatin
- Although it affects the ear and kidney less than cisplatin.

Cisplatin

Keynotes:

The keynotes of this remedy are its *Platina*-like symptoms (constipation, numbness, tightness and increased sexuality), with testicular cancer and ovarian cancer. However, its main action is on the kidneys and I am using it in renal cancer and renal failures, especially when they are associated with ear troubles, nausea and vomiting.

Other homoeopathic indications:

- Unable to control himself
- Obnoxious
- Dreadful dreams of suicide and accidents
- Desire for milk, alcohol, tobacco
- Blueness of hands
- Persistent vomiting and nausea at the terminal stage of cancer
- Delusion, she is alone in the world
- Dreams of suicide
- Dreams colored

Important allopathic information and indications:

Cisplatinum, or cis-diamminedichloridoplatinum(II) (CDDP) (trade name Cisplatin, marketed by brand name Platin) according to FDA is a chemotherapy drug. It was the first member of a class of platinum-containing anti-cancer drugs, which now also includes carboplatin and oxaliplatin. These platinum complexes react in vivo, binding to and causing crosslinking of DNA, which ultimately triggers apoptosis (programmed cell death).

- A high concentration is found in the kidney, liver, intestine, testis: poorly found in CNS; only a small portion of drug excreted by the kidneys.
- Palliates 90% of patients with testicular cancer along with *Vincristine.*
- Cancer of bladder, head, neck, cervix, endometrium, lung, rectum.

Also, the toxicity is important to consider:

- Auto toxicity caused by *Cisplatin* is manifested by tinnitus and high frequency hearing loss; especially in children (if you get a case of childhood cancer with hearing loss think about *Cisplatin*)
- In acute conditions, there is marked nausea and vomiting
- It may cause peripheral and sensory neuropathy

Cyclophosphamide

Keynotes:

This remedy is especially used for bladder tumors, brain cancers and leukemias. I have seen great clinical results in bladder cancers. It can be a complimentary remedy to *Terebinthina.*

Important allopathic information and indications:

Cyclophosphamide (also known as cytophosphane, is a nitrogen mustard alkylating agent). It is used to treat cancers and autoimmune disorders. A pro-drug, it is converted in the liver to active forms that have chemotherapeutic activity. Cyclophosphamide has severe and life-threatening adverse effects, including acute myeloid leukemia, bladder cancer and permanent infertility, especially at higher doses. For autoimmune diseases, doctors often substitute less-toxic methotrexate or azathioprine after an acute crisis.

The main use of cyclophosphamide is with other chemotherapy agents in the treatment of lymphomas, some forms of brain cancer, leukemia and some solid tumors. It is a chemotherapy drug that works by inducing the death of certain T cells.

- Soft tissue sarcoma
- Multiple myeloma
- Wilms' tumors
- Breast and lung cancer
- Blood related tumor
- ALL, CLL
- Hodgkin's disease
- In acute pulmonary edema and chronic left ventricular failure

Dapsone

Keynotes:

The remedy *Dapsone* has the following combination of symptoms: skin eruptions + diabetic neuropathy + sleeplessness.

Epipodophyllotoxin

Keynotes:

This medicine is known as *Podophyllum* in homoeopathic literature. There are *Podophyllum*-like symptoms with Hodgkin's disease or liver cancers.

Important allopathic information and indications:

Epipodophyllotoxins are substances naturally occurring in the root of American Mayapple plant (Podophyllum peltatum). Some epipodophyllotoxin derivatives are currently used in the treatment of cancer. These include etoposide and teniposide. They act as anti-cancer drugs by inhibiting topoisomerase II

- Used for pediatric leukemia and Hodgkin's disease
- Large cell lymphoma
- Testicular tumor
- Mainly cause thrombocytopenia; leucopenia
- Nausea, vomiting, apthae, diarrhea
- Alopecia
- Hepatic toxicity
- Especially testicular cancer
- Childhood cancers

The following are homoeopathic rubrics for this remedy:

- Diarrhea: drinking: water, from
- Diarrhea: drinking: immediately after
- Diarrhea: eating: while
- Diarrhea: eating: after
- Diarrhea: food: solid, after
- Diarrhea: fruit, after
- Diarrhea: indiscretion in eating, after the slightest
- Diarrhea: lying: amel
- Diarrhea: lying: back, on: agg

N.M. Choudhuri's famous indication for *Podophyllum:*

"A symptom that I have omitted to mention, is a loud gurgling in the abdomen before stools. During stool the patient experiences great heat and pain in the anus. There is another symptom particularly characteristic of *Podophyllum* and that is a sensation, as if the genital organs would come out during stools. After stools the patient experiences great weakness and exhaustion. The *Podophyllum* diarrhea is brought about by eating fruits."

Fluorouracil

Keynotes:

This remedy has a *Lycopodium*-like constitution + cancer of breast, colon, rectum, cervix, ovary or liver.

Breast cancers are markedly improved in my practice when I use this remedy as an intercurrent. I have especially found it complementary to *Lycopodium.*

Other indications include:

- < Evening
- > Warm drinks
- < Cold
- Often the concomitant dry thick skin and loose stools are found

I have also found it relieving a few patients in cancers originating from the gastrointestinal system. Often, GI tract tumors are present.

Important allopathic information and indications:

Fluorouracil or 5-FU (trademarked as Efudex) is a drug that is a pyrimidine analog which is used in the treatment of cancer. It is a suicide inhibitor and works through irreversible inhibition of thymidylate synthase. It belongs to the family of drugs called antimetabolites.

- GI tract tumors: especially: colon cancer; also breast cancer
- Like *Club moss* with breast cancer
- Pre-malignant skin conditions

Other concomitants include myelosuppression, mucositis, dermatitis and diarrhea.

Some of its principal uses are in colorectal cancer and pancreatic cancer, in which it has been the established form of chemotherapy for decades (platinum-containing drugs approved for human use in the US since 1978 are also very well established). It is sometimes used in the treatment of inflammatory breast cancer, an especially aggressive form of breast cancer.

5-FU is used in ophthalmic surgery, specifically to augment trabeculectomy (an operation performed to lower the intraocular pressure in patients with glaucoma) in patients deemed to be at high risk for failure. 5-FU acts as an anti-scarring agent in this regard, since excessive scarring at the trabeculectomy site is the main cause for failure of the surgery.

Fluorouracil can be used topically (as a cream) for treating actinic (solar) keratoses and some types of basal cell carcinomas of the skin.

Flutamide

Keynotes:

This remedy is specifically used for prostate cancer with *Thuja*-like symptoms.

Important allopathic information and indications:

Flutamide is an oral, non-steroidal anti-androgen drug, primarily used to treat prostate cancer. It competes with testosterone and its powerful metabolite, dihydrotestosterone (DHT) for binding to androgen receptors in the prostate gland. By doing so, it prevents them from stimulating the prostate cancer cells to grow. *Flutamide* has been largely replaced by a newer member of this class, bicalutamide, due to a better side-effect profile. *Flutamide* may also be used to treat excess androgen levels in women - especially those with Poly Cystic Ovarian Syndrome (PCOS). It is marketed by Schering-Plough under the brand name Eulexin. It is also known as Flutamin.

- Inhibitor of androgen action
- Mainly for metastatic prostate cancer with hepatic toxicity
- Hirsutism in women
- Cause high serum testosterone

Methotrexate

Keynotes:

The remedy *Methotrexate* is suitable for patients with low immunity + low platelets in cancer and similar diseases.

I am using this remedy in practice for bone cancer, bladder cancer, and chorio-carcinoma. It is useful for patients with decreased immunity, platelets and leucocytes.

Important allopathic information and indications:

MTX and formerly known as amethopterin, is an antimetabolite and antifolate drug. It is used in treatment of cancer, autoimmune diseases, ectopic pregnancy and for the induction of medical abortions.

It acts by inhibiting the metabolism of folic acid. Methotrexate began to replace the more toxic antifolate aminopterin starting in the 1950s.

- Gastrointestinal effects—dose-related nausea and vomiting; gastrointestinal epithelial damage with severe stomatitis, diarrhea and gastrointestinal bleeding. Hepatotoxicity occurs in severe cases.
- Bone marrow toxicity—myelosuppression is worst 7 to 14 days after onset of toxicity.
- CNS toxicity (particularly with intrathecal overdose)—seizures, coma, chemical meningitis.
- The most common adverse effects include: ulcerative stomatitis, low white blood cell count and thus predisposition to infection, nausea, abdominal pain, fatigue, fever, dizziness, acute pneumonitis and rarely pulmonary fibrosis.

Tamoxifen

Keynotes:

Especially in cases of breast cancer, I use this remedy as an intercurrent when the patient has increased hunger. This remedy is complimentary to *Hydrastis*.

Important allopathic information and indications:

Tamoxifen is an antagonist of the estrogen receptor in breast tissue via its active metabolite, hydroxytamoxifen. In other tissues such as the endometrium, it behaves as an agonist and thus may be characterized as a mixed agonist/antagonist. *Tamoxifen* is the usual endocrine (anti-estrogen) therapy for hormone receptor-positive breast cancer in pre-menopausal women, and is also a standard in post-menopausal women although aromatase inhibitors are also frequently used in that setting.

Taxol (Taxus baccata)

Keynotes:

This remedy is known as *Taxus baccata* in homoeopathic literature. The main indications and keynotes are cancers with *Thuja*-like symptoms and rumbling and gurgling in abdomen with hunger aggravation. I am finding it useful in breast cancers and even PCODs or bone tumors. Even diabetic neuropathies can be helped by this remedy in clinical practice.

Other homoeopathic indications include:

- Complete sleeplessness. Yawning, without drowsiness. Feeling of drowsiness
- Dreams of falling
- Dreams of animals

- Dreams that something will happen
- Dreams of black things
- Noises in : rumbling: fasting, while
- Noises in: rumbling: stool: before
- Noises in: rumbling: hypogastrium
- Appetite: increased, hunger in general: morning: breakfast, after
- Appetite: ravenous, canine, excessive: eating: after: two hours
- Appetite: wanting: hunger, with
- Emptiness, weak feeling: hunger: without

Important allopathic information and indications:

Paclitaxel is a mitotic inhibitor used in cancer chemotherapy. It was discovered in a US National Cancer Institute program at the Research Triangle Institute in 1967 when Monroe E. Wall and Mansukh C. Wani isolated it from the bark of the Pacific yew tree, Taxus brevifolia and named it taxol. Later it was discovered that endophytic fungi in the bark synthesize paclitaxel.

Paclitaxel is used to treat patients with lung, ovarian, breast, head and neck cancer and advanced forms of Kaposi's sarcoma. Paclitaxel is also used for the prevention of restenosis.

- Metastatic ovarian breast cancer
- Especially breast cancer
- Ovarian, breast, lungs, oesophageal, bladder, head and neck cancer
- Affects bone marrow, blood cell tumor
- Peripheral neuropathy
- Bradycardia in last stages
- Neutropeonia
- Epipodophylotoxin
- *Cisplatin* followed by *Taxol* produces greater toxicity than *Taxol* followed by *Cisplatin*
- Toxicity – stocking glove sensation neuropathy

Tetracycline

Keynotes:

Homoeopathic indications for this remedy are as follows:

- Yellow teeth (ddx. *Bacillinum*)

Important allopathic information and indications:

- Should not be given in pregnancy or to children 8 years and under.
- Bacteriostatic – at present, it is the drug of choice for acne, pneumonia, P. Falciparum.
- Causes pigmentation over nail; Onycholysis (comparable to *Silica, Nat. mur, Graphites, Anantherum mur*).
- Side effects include: nausea, vomiting, polyuria, polydipsia, proteinuria, acidosis, glycosuria, aminoaciduria, Fanconi's Syndrome - after ingesting outdated tetracycline; atrophic/ hypertrophic/ glossitis, burning sensation of eye (comparable to *Kali chlor, Cornus cir*).
- Milk and antacids destroy tetracycline activity.

Dr. Sarkar's Clinical Approach

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- ADDICTIONS and LAYERS -

In today's world, there are many people who have a past history of addictions, in addition to newly developed sensitivities to certain food items which have relevance in developing current pathologies.

Lobelia inflata

Keynotes:

Lobelia inflata is indicated for patients who are chilly, have an aggravation from hunger, and a history of tobacco intake.

Quercus glandium spiritus

Keynotes:

This remedy has a history of alcohol addiction. Clarke specifically used it in flatulent patients with a history of piles.

Radium bromide

Keynotes:

Radium bromide is the remedy used for patients who have a history of radiation therapy. There is *Rhus* tox-like joint complaints, and these patients are better by a warm bath.

Tabacum

Keynotes:

The *Tabacum* patient has a history of tobacco addiction and cardiac complaints or/and blood pressure rising suddenly.

Dr. Sarkar's Materia Medica and Clinical Keynotes

ABELMOSCHUS

Keynotes:

In most cases of hard stool and constipation, I use this remedy as an intercurrent. It is very similar to *Plumbum metallicum*. This remedy is known for pyorrhea, stomatitis, offensive smell of mouth with increased urea (ddx. *Kali chlor*) and kidney disorders.

ABROMA AUGUSTA

Keynotes:

In the clinical field, *Abroma augusta* is known as the diabetes + *Bryonia* remedy. This is one of the main remedies clinically indicated for diabetes mellitus. High blood sugar is associated with symptoms that include dry lips and dry mucous membrane with thirst for cold water. Other associated symptoms include constipation, aggravation by movement, and frontal headache. The cough can be very similar to *Bryonia,* where the cough is aggravated by movement, and there is pain in the chest while coughing.The mind state can be hysterical and quite irritable. These patients would get angry, say things out of context and they can get extremely irritable about trifles, especially with painful and irregular menses. Another concomitant is joint pains that are worse by movement, along with diabetes. This can be the one of the main plants by which diabetes can be controlled.

ABROTANUM

Keynotes:

"Metastasis" is the keynote of this remedy.

"Like how Burnett (whose writings I have been inspired by) would be called *'Mr. Urtica urens',* I would be honored to be called *'Mr. Abrotanum'.*

Abrotanum also causes alternating conditions, one diseased condition disappears and another appears. For example, piles alternating with rheumatism. The remedy causes a true metastatic condition. Rheumatism, occurs after checked diarrhea *(see Boericke's materia medica).*

> *"When looking at the symptom 'checked diarrhea', I understood the true meaning of it when I traveled to the United States. I attended a session on how the causes of rheumatoid arthritis and seronegative spondyloarthropathy could be microorganisms such as Shigella, viruses, infections etc ...*
>
> *One idea is to give the potentized microorganism, another one and even more interesting one, which I would effectively use is finding out the characteristic symptoms of those infections that the microorganisms caused in past history and giving the medicine depending on that ...*
>
> *Surprisingly, most of the rheumatoid arthritis patients that I saw had a past history of recurrent diarrhea ... and then took some antibiotics... and then following this, the joint pains began ...*
>
> *When we study our materia medica and look at the remedy Abrotanum, it is known as the only remedy which has the indications and symptom that manifest after 'suddenly checked diarrhea' ...*
>
> *So many rheumatoid arthritis patients have been helped by this remedy ...*
>
> *When we study the remedy more we find more gems ...*
>
> *It has some classic symptoms of rheumatoid arthritis:*
>
> *Worse on waking in the morning ... this is one of the main local characteristics.*
>
> *Local symptoms are like Rhus tox – where motion ameliorates, rainy weather aggravates, and hot application ameliorates."*

ABSINTHIUM

Keynotes:

"Status epilepticus" is one of the main ideas of this remedy. These are sudden, repetitive spasms, along with a convulsive phenomenon that goes on and on. Facial spasms are also there – it is more of petit mal form of epilepsy. The patient gets a tremor followed by spasms, and then does not remember anything about it.

Absinthium is similar to *Tarentula hispanica* patients, with aspects like kleptomania, restlessness/busy, and has fears similar to *Stramonium.*

ADRENALINUM

Keynotes:

"Rapidity" is the keynote of this remedy. High blood pressure is one of the main keynotes – along with a rapid pulse, the patient is often a timid, cowardly patient. The concomitant is the chest tightness along with the high blood pressure.

Often in patients with high blood pressure, they get a headache that is better by pressure and rubbing. This happens rapidly.

ACHYRANTHES ASPERA

Keynotes:

Once in a while in the clinic, you may find an emergency. Even if you are a skin specialist, you can get a patient who will come, scream and shout, and says there is so much burning in my skin – I have psoriasis. This Indian drug has the symptom of FIRE LIKE BURNING ON SKIN that can be found in no other remedy in materia medica.

ACONITUM FEROX

Keynotes:

The keynotes of this remedy are *Aconite*-like constitution + *Arsenic*-like constitution. This remedy should be remembered when there is violent burning in the mouth and pharynx which is relieved by drinking cold water. It is also useful in Cheyne-Stokes breathing, the dyspnea increases to such an extent that the patient is obliged to half sit up in order to breathe and support the head on the hands. The patient constantly fears suffocation from respiratory paralysis. Another keynote is that during chills, when there is icy coldness of the body, both objective and subjective, no amount of wraps nor external warmth will relieve.

ACOTINUM LYCOCTONUM

Keynotes:

This remedy is primarily used in Hodgkin's disease and has an affinity for the glands. The patient who needs this remedy cannot tolerate any kinds of food. Specifically, the patient does not like pork, onions, or wine.

Rubrics that represent this remedy include:

- Glands: axillary
- Glands: cervical
- Glands: inflammation, chronic, glandular swellings

AEGLE MARMELOS

Ketnotes:

This remedy is a mixture of *Bryonia* and *Lycopodium* + bleeding. It is one of the most important remedies in clinical practice for IBS. Known as the bel fruit, it appears to have little or no effect in acute dysentery when there is definite tenesmus and discharge of blood and mucus though the powdered drug is specially recommended for this condition. The beneficial effects of the bel fruit are, however, most evident when the condition has become subacute or chronic. After its administration in these conditions, the blood gradually disappears and the stools assume a more feculent and solid form. Claims have also been made that it relieves flatulent colic in patients suffering from a condition of chronic gastro intestinal catarrh. Bel fruit has been used in indigenous medicine for a very long time and it has such a great reputation in the treatment of diarrhea and dysentery that it was made official in the British Pharmacopeia. Charaka has found it to be efficacious in fever and piles as well.

AGARICUS MUSCARIUS

Keynotes:

Agaricus can be summarized in 3 words – daredevil + jerks + *Tuberculinum.*

It is often useful in children who are given the remedy *Tuberculinum.* There is a fearless element, children who need this remedy are daredevils, who do all kinds of stunts, who learn to eat and drink slowly. These patients often have a history of tuberculosis. Objective observations of the patient include: constantly licking lips, tendency to fall down, clumsiness and faltering, cannot tolerate anyone being scolded, dancing, singing, talking at all times.

In pathological cases, I have often found one keynote of this remedy, the eyeballs are moving like a pendulum and there is jerking of eyelids. This remedy has the *Lachesis* loquacity, and also has shifting pains from left to right, and diagonal appearance of symptoms.

ALCHEMILLA VULGARIS

Keynotes:

The keynote of this remedy is its ability to increase cohesion of cells and increase the reproduction of cells. This is one of the remedies that I have learned about from my studies in herbal medicine. I have used it with success in tympanic ruptures, ear damages and hearing loss. Also, this remedy is often used as an intercurrent in hernias. This remedy can restore the integrity of torn, ruptured, and separated tissue (as seen in hernias or perforation of the membrane of the ear). There are a lot of symptoms which resemble *Mercurius.*

ALLIUM CEPA

Keynotes:

Raw ulcers are the keynote of this remedy. Painful, raw ulcers, cuts and gangrenes are covered by *Allium cepa.* There is choking, cramping pains that are worse from walking, and this is the remedy with the noisiest and most offensive flatus in the materia medica.

ALLOPURINOL

Keynotes:

This is a remedy which can be used as an intercurrent to decrease the uric acid levels if the patient has high uric acid with rheumatic symptoms. It can also be used to nullify the symptoms and side effects of the same medicine in allopathy.

ALLOXANUM

Keynotes:

This remedy is indicated in patients who have diabetes and resemble the mental-emotional state of *Natrum mur.* I have often used this remedy pathologically with high blood sugar levels, when the patient has symptoms like wanting to be alone, depression, anxiety about the future, great indifference to everything, dwells on past, forgetful in doing things, and making mistakes doing things. They have dreams of robbers, a craving for cold drinks, and a constant urge to pass urine.

ALOE VERA

Keynotes:

The keynotes of this remedy are ovarian, uterine or breast cancer + increased hunger.

ALUMINA

Keynotes:

Alumina is the main remedy in the materia medica for renal failure and patients who have to undergo dialysis.

Other confirmatory keynotes include:

- Alzheimer's disease - like brain weakness
- > Damp weather
- Aversion meat

- Intolerance to potato
- Left sided
- < Awaking like *Lycopodium*
- Brittle nails
- Everything has become slow
- Sluggishness of functions
- Itching from warm water
- Legs becomes numb when sitting with legs crossed
- Constipated
- Dry skin
- Chilly
- Nervous like *Silica*
- Cracks in winter
- This remedy can be used for patients undergoing dialysis

Additional information regarding the source:

Aluminium is widely present in nature, but most aluminium salts are quite insoluble. Moreover, only a tiny fraction of ingested aluminium is absorbed; this small amount is normally excreted by the kidney so that the body burden of aluminium does not increase. When there is a markedly reduced or absent kidney function, there is little or no ability to excrete aluminium and it can accumulate slowly. The various syndromes of aluminium toxicity were first identified in dialysis patients.

Toxicity information:

Aluminium toxicity occurs in dialysis patients or CKD patients with GFR <30 ml/min/1.73 m^2 (Stages 4 and 5 CKD) because aluminium that is absorbed from the gut or enters the body from dialysate or another parenteral route is not excreted or is inadequately excreted by the diseased kidneys. When aluminium accumulates in dialysis patients, it is only slowly removed by dialysis because 90% of aluminium is bound to plasma proteins (primarily transferrin). The aluminium entering the body accumulates in various tissues, including bone, brain, parathyroid glands and other organs. Such accumulation of aluminium can produce toxicity with several distinct syndromes, depending on the rate and magnitude of aluminium loading. The first to be described was dialysis encephalopathy (or dialysis dementia). Aluminium was then recognized as the cause of both "fracturing dialysis osteomalacia" (aluminium-related bone disease) and a microcytic anemia developing without iron deficiency. A fulminant variant of dialysis encephalopathy, termed "acute aluminium neurotoxicity" occurs with the sudden, marked elevation of serum aluminium levels and is commonly fatal. The development and availability of a method to measure trace quantities of aluminium accurately in biological fluids and tissues permits detection of these disorders, and this methodology provides a means to identify patients with increased body burden of aluminium.

AMBRA GRISEA

Keynotes:

The keynotes of this remedy are pains in the elbow and the patient would have experienced repeated death in their family in a short time period.

AMBROSIA ARTEMISIEFOLIA

Keynotes:

The keynote of this remedy is itching in the eyelids with coryza.

AMMONIACUM GUMMI (lovely)

Keynotes:

This remedy is known as the chilly *Antimonium tart.* There is a fan-like motion of alae nasi, easy tiredness, difficult breathing, the mucus is tough and hard to remove, and there is rattling especially in old people.

AMMONIUM MURIATICUM

Keynotes:

The keynote of this remedy is sciatica better by straightening the limb and sitting aggravates. This remedy is very similar to *Dioscorea* and its flying pains.

AMPELOPSIS QUINQUEFOLIA

Keynotes:

This remedy is mainly used in cases of edema. I am also using this remedy in hydrocele and swelling of the kidneys.

AMYL NITROSUM

Keynotes:

This is known for being a spasmodic remedy. The main sphere of action is on the blood vessels. This remedy is remarkable and I have saved many patients.

Other indications include:

- Convulsions
- Sea sickness
- Tension always - something will happen
- Flushing followed by sweat
- Extreme palpitations - this patient has extreme palpitations with sweat and wants the room open
- Tumultuous action of heart
- Stretching and yawning is the concomitant

ANAGALLIS ARVENSIS

Keynotes:

This remedy is known for removal of splinters. Along with *Hepar sulph* and *Silica,* this remedy is to be thought of.

Other indications include:

- Dry itching everywhere
- Mind can be like *Coffea* - extreme happiness and joy, jumping up and down
- Urinary symptoms are similar to *Cantharis*
- Extreme itching in palms
- High sexuality

ANILINUM

Keynotes:

This remedy is specifically used in cancers of the bladder, urethra or urinary passages, along with a history of tobacco use.

ANTHEMIS NOBILIS

Keynotes:

This remedy's keynote is "dyspepsia due to tea".

Anthemis nobilis is the common chamomile plant, used domestically in the form of a tea made of the flowers. It is not to be confounded with *Matricaria chamomilla.* Burnett has recorded a case in which violent gastric disturbance and headache were caused by the "tea", and Berridge has proved the tincture. In Burnett's case there was great coldness and chilliness inside abdomen, Berridge's had feelings of coldness generally and sensitiveness to cold air and the touch of cold things, but slight exertion caused heat and perspiration.

ANTIMONIUM CRUDUM

Keynotes:

This remedy is known for its hard hands, cracks all over the body, the patient is hot with a white tongue and has a craving for sour things. Patients are drowsy, fat, in their own world, and are extremely angry. They don't want to go to the doctor, because they do not want to be touched – even taking a pulse is too much. This remedy is especially clinically useful in PCODs and mucus piles.

Other indications include:

- Thirstlessness
- Aversion milk
- Increased hunger
- Painlessness
- Bathing aggravates
- Dirty patients

ANTI PYRINUM

Keynotes:

This is one of the well-known acute remedies. The patient comes and tells the doctor that they are going to go crazy, and they are scared that something will happen, just like *Stramonium.* There is *Apis*-like swelling congestion and urticaria all over the body. This remedy is of service in erythema – a condition that appears first upon the arms, and extends to the legs. This remedy can be useful also in chronic urticaria of women, with great itching and bullous eruptions.

Other indications include:

- Difficulty in breathing
- Chilliness
- Small lumps

ANTHRACINUM

Keynotes:

This remedy's greatest use is in cases of lung carcinoma.

Other indications:

- Plasminogen activator system – which are enzymes found only in cancer cells- cleaning the path of spreading
- Chilly *Natrum mur* – silent grief
- Afraid of cars, every car was about to run over them
- Anxiety for others
- Allergic to petroleum products
- Completely chilly but legs are burning

APIUM GRAVEOLENS

Keynotes:

This remedy has rheumatism like *Rhus tox* + acidity. The patient is always hungry, has sleeplessness like *Coffea* because of unwanted thoughts, and the craving for fruits is marked. Also, there is affection for the left ovary. This is one of the most energetic remedies in the materia medica.

APOCYNUM ANDROSAEMIFOLIUM

Keynotes:

This is the most curative in migratory rheumatism. Other clinical indications include history of jaundice, slow pulse, chilliness, increased urea and creatinine, and there is an affinity for the kidneys. This remedy is used after head injuries when the patient is scared of death. They are confused, dull, cannot think, fear death, and have thoughts that they will never be the same again. This patient feels like they are a shadow, and often have out of body experiences. There is mental trauma as well. Think of this remedy when *Natrum sulph* fails. There are many sensations felt in the nose, everything smells like honey and tastes like it too, there is a burning sensation, and a desire to uncover the extremities. This patient will have dreams of violence.

ARALIA RACEMOSA

Keynotes:

This is a remedy for asthmatic conditions, when the cough is aggravated by lying down. The cough is dry, spasmodic and comes on after sleep in the middle of the night. There is a tickling in the throat and constriction of the chest. There is a feeling as if there is a foreign body in the throat.

Other indications include:

- Drenching sweat during sleep
- Extreme sensitivity to drafts
- Diarrhea, prolapse of rectum
- Aching in rectum extending upwards, worse lying on side lain upon
- Frequent sneezing and hay fever
- Rawness and burning behind sternum
- Least current of air causes sneezing
- Copious, watery, excoriating nasal discharge of salty acrid taste

ARSENICUM IODATUM

Keynotes:

This remedy is indicated in extremely hot patients who cannot tolerate warmth. The patient keeps eating food, yet feels very hungry. This patient loves eating so much that even in coryzas and fevers they will keep eating food.

Other indications include:

- Craving meat
- Thin
- Hair all over the body
- Tubercular
- Family history of TB
- Pathology involving the skin - psoriasis - hard skin
- High blood pressure
- Tumors and cancers
- Hodgkin's lymphoma
- History of infection
- Involuntary dribbling of urine

Aurum ars has more action on the blood vessels in high blood pressure than this remedy.

ARSENICOSUM SULPHURATUM FLAVUM

Keynotes:

The keynotes of this remedy are vitiligo, psoriasis, hot patient, increased hunger and warm bathing ameliorates.

ASAFOETIDA

Keynotes:

This is one of the most important remedies for diabetic gangrene, especially when the ulcers are sensitive to touch. These patients are very hysterical and come to your clinic and keep complaining that they are not better and that nothing is helping them – often, I have seen these patients create a whole scene, shouting and screaming.

Other indications include:

- Ophthalmic diseases, < touch
- Loudest eructations
- Extremely hungry and angry patients
- History of skin diseases - causing hysteria

ASPIDOSPERMINUM

Keynotes:

This remedy is known as the *Digitalis* of the lung. It can be used in any pulmonary disease. It can be considered the homoeopathic oxygen mask for the patient. This remedy can do wonders in asthma, and can help difficult breathing in COPDs. The breathing troubles are similar to that of *Arsenicum album*, where the patient has to sit up and is aggravated by lying down.

ASTERIAS RUBENS

Keynotes:

This remedy has *Thuja*-like symptomatology. Patients are fat and fixed in their thoughts. There are lancinating pains in the breast, especially of the left breast, and a sensation as if being pulled inwards. It is especially useful in the ulcerative stage of breast cancer. Also, there is pain radiating to the left hand (like *Bromium*).

Other indications include:

- Constipation
- Aggravation from night and damp weather
- Pimples in youth
- History of cancer in family
- Multiple sclerosis
- After apoplexy

This remedy is similar to *Plumbum iod,* for hard tumors of the breast.

ATISTA INDICA

Keynotes:

If there were only one Indian drug in the whole materia medica to prove the efficacy of Indian drugs, it would be *Atista indica.* I must have helped hundreds of cases with acute abdominal problems with the help of this remedy. The main indication is its seat of action – around the umbilicus region, there is extreme, colicky pain. This remedy is very similar to *Colocynth,* with cramps, wriggling and restlessness, and the patient is in agony. The modalities include better by pressure and bending. In such cases, we think of *Mag phos* as well. In such cases, I give this Indian drug in low potency. It is a grand remedy for all sorts of worm complaints; there is colicky pain felt around the navel associated with nausea or vomiting.

In the diseases of children where there exist unmistakable signs and symptoms of the predominance of worms of where there is convulsion due to worms and the child keeps quiet with closed eyes, *Atista indica* may be used with great efficacy.

It is also useful in biliary colic or gastric colic; there are symptoms of indigestion, flatulence, distension of abdomen. Sour vomiting and sour eructations take place immediately after eating and worm symptoms predominate.

In Bengal, fevers appearing on alternate days or on every third day are cured by mere smelling of *Atista indica* for 3 or 5 hours before the seizure and in innumerable cases its efficacy in these fevers has been verified by many individuals.

Atista indica is a common wild plant in our country, but there is no doubt that in the complaints enumerated above, it has been able to make an effective headway in our estimation as a febrile remedy pregnant with great potentialities.

AVENA SATIVA

Keynotes:

This remedy has been used in a large number of cases of nerve weakness (especially in mother tincture). It is very valuable in enabling a patient to overcome morphine addiction – it has the same soothing action without creating a habit on its own.

Clinical indications include:

- Irregularities of the male sexual system
- Nervous exhaustion
- General debility
- Nervous palpitation
- Insomnia with a history of sexual excesses of the alcoholics
- Inability to fix mind on one subject due to masturbation or sexual irregularities
- Brain fag and mental fatigue
- Nervous headache of women at menstrual period with burning on top of the head
- Acute coryza
- Ill-effects of sexual indulgence, sexual debility, spermatorrhea, impotency
- Amenorrhea and dysmenorrhea with weak circulation
- Nervous states of females
- Rheumatism of the heart, from metastasis from other body parts
- Numbness of limbs, as if paralysed
- Nervous tremors of the aged, chorea, epilepsy, paralysis agitans

BACOPA MONNIERI

Keynotes:

The keynotes of the remedy are as follows:

- Hoarseness < night
- Constipation with rattling sensation
- Gradually deteriorating memory
- Petit mal epilepsy, aggressive, impulsive child

BADIAGA

Keynotes:

The keynote of *Badiaga* is soreness - a soreness that is general and extensive. Integuments, bones and muscles feel as if they have been beaten to pulp. Another keynote indication of *Badiaga* is seen in the induration of the cellular and the glandular structure of the system. *Badiaga* has been successfully used in headaches associated with inflammation of the eyes. This headache is better at night but after sleep it returns violently. It is worse from motion. Dr. Biegler reports of a case of persistent headache, lasting off and on for months in a lady, which baffled him till the following symptoms led him to prescribe *Badiaga* with great success. It was a severe pain in the right eyeball extending to forehead and temples and it made her whole scalp excessively sore.

The respiratory symptoms of *Badiaga* are worth noting. An often verified symptom is the sudden flying out of mucus from mouth and nose on coughing. It shows the spasmodic nature of the cough. Also the cough of *Badiaga* is followed by sneezing; there is also a profusion of catarrhal symptoms accompanying this cough. On the skin we notice quite a lot of freckles and rhagades.

BELLADONNA

Keynotes:

Belladonna is the most chronically useful remedy that I have seen in my practice. It is a gem of a remedy to use in acutes and in chronic diseases. This remedy can aid in cancers, osteoarthritis and thyroid conditions.

There is a patient who comes in and starts smiling – even with so much pain he smiles without any reason and talks – this is the major indication – which gives two remedies *Aurum* and *Belladonna.*

Some other keynotes for this remedy:

- Dryness of mouth with thirstlessness
- Main action on thyroid
- Head hot – feet cold
- Right sided
- Fear of ghosts, wants company
- Tumors of breast < lying down
- Patients would weep after getting angry and don't want any company
- Pain in stomach > bending backward , sitting semi-erect
- Smiling while answering

BELLIS PERENNIS

Keynotes:

The keynotes of this remedy are endometriosis + history of recurrent abortion + pain in lower abdomen + flattened cervix + trauma to female organ + PID.

More indications for this remedy are stasis, exudations, bruising and swelling (much more than *Arnica*). After this, the patient then wants to lie down. In my practice, I have used this remedy in breast cancers after injury or trauma.

Another very strong indication is after operations when the pain remains, this remedy will help to alleviate the pain. Many patients who come to me by train complain of a backache after the 3-hour journey – this is the remedy that often helps them.

Further, another indication is that there are degenerative pathologies of blood vessels and brain. There is vertigo especially in old people.

In females, in pathologies where there is soreness, pain remaining after pregnancy, or even in fibroids, *Bellis perennis* helps to alleviate the pain.

Other keynotes include:

- Left side
- Chilly
- Ailments from drinking cold drinks
- Especially in the pain cannot tolerate cold bathing
- Rheumatism – followed by weakness
- After road journey, or a journey on uneven road the patient will have a backache

Think of this remedy in cases where *Arnica* is indicated and it doesn't work.

BERBERIS VULGARIS

Keynotes:

The keynotes of this remedy are shifting, chronic arthritis, especially chronic lumbar pain that is worse by sitting. This remedy has helped many patients who have kidney affections and backaches. Vocal cord nodules are also indications for this remedy. The symptoms are pendulum like.

The main keynote of this remedy can be represented by the following rubric:

- *Bruised pain, with stiffness and lameness in small of back; rises from seat with difficulty.*

Another keynote is the rapid change of symptoms. The patient will have alternate symptoms. For example, a patient who needs this remedy would have constipation alternating with loose stools.

An important concomitant that I often see is unrefreshed sleep.

This remedy is often complementary to *Calcarea fluor.*

I have also used this remedy for stones that are left sided (both renal and gall stones).

Other keynotes include:

- Constant desire for stools like *Nux vomica*
- Burning pain in the urethra before, during and after urination
- Burning pain in the urethra, ameliorated after urination
- The lumbar region is very painful; pain radiates in all directions
- Backache in the region of the kidneys: worse while sitting or lying, and in the morning in bed
- Movement brings on or increases the urinary complaints

Another area where we can see its use is on the skin. Flat warts and even pigmentations following eczematous eruptions will be helped by this remedy.

BETONICA OFFICINALIS

Keynotes:

'Brain circulation' is the main sphere of action of this remedy. This is the main remedy that is useful in brain circulation – in diseases like cerebro-vascular strokes, it is very useful. Also, it is one of the complementary remedies that I give to patients who are in comas. Further, its use in old age is quite remarkable. Other remedies to be thought of which are similar are is *Bacopa monnieri* and *Ginkgo biloba.*

CADMIUM SULPHURATUM

Keynotes:

This remedy is used for cancers especially. Without this remedy it will be very difficult to control malignant vomiting and fevers. This remedy is between *Bryonia* and *Arsenic.* This remedy is used especially in gastric cancers, where ordinarily symptoms are like *Arsenic* but no restlessness. With symptoms like burning, chilliness, covering desire, vomiting, weakness, very exhausted, think about *Cadmium sulph.*

Other indications include:

- *Bryonia*-like, has to keep quiet
- Polyps
- Facial palsy < left side, cold air
- Tenderness over stomach
- Black discharges
- Horripilations
- Coldness of hands and feet
- > Eating
- > Rest
- *Sepia*-like discoloration on face
- Old 'sore eyes' on every change of the weather; conjunctiva thickens; cornea opaque, sluggish inflammation
- Rolling of the head with open eyes
- Weakness remaining after epileptic attacks, of one arm and one leg, like *Phos*

CALADIUM SEGUINUM

Keynotes:

The keynotes of this remedy are abuse of tobacco + *Hyoscyamus*-like constitution + dryness everywhere + pruritis.

Caladium patients can be extremely forgetful and can be very absent-minded. Mainly for this symptom of absent-mindedness, we would prescribe *Hyoscyamus* or *Nux moschata,* however with history of tobacco usage and the characteristic sweat, think of this remedy.

Also, some of these patients become impotent, yet are lascivious.

CALCAREA CALCINATA

Keynotes:

The keynotes for this remedy are *Calcarea*-like constitution + warts.

CALCAREA IODATA

Keynotes:

- Thyroid affinity
- Enlargement of glands
- Thyroid enlargements about the time of puberty
- Children subject to colds
- Uterine fibroids

CALCAREA OVA TOSTA

Keynotes:

The keynotes of this remedy are backache + leucorrhea + warts.

Other indications include:

- Feeling as if back is broken in two; tired feeling
- Also effective in controlling suffering of cancer
- Pain of cancer
- Warts

CALCAREA PICRICA

Keynotes:

The keynotes of this remedy are *Calcarea*-like constitution + weakness + boils and acne.

CALCULUS RENALIS

Keynotes:

This remedy is mainly used to remove urinary stones, and it has been very useful in clinical practice and produces tremendous results.

Other indications:

- Tartar of teeth
- Yellow teeth

CALENDULA OFFICINALIS

Keynotes:

This remedy is generally known for its topical application, however, we can use it to great success as a liver medicine. *Thuja*-like symptoms with a hydrogenoid constitution + damp weather aggravation + initial stages of hernia, are othe indicative factors for this remedy. Also, neurofibromas have also been helpe by this remedy.

From Burnett's Writing:

We find under *Calendula,* the symptom chilly hands. This patient is easil frightened. I have often used *Calendula* internally and gained the convictio that it has a certain beneficial influence upon scrofulous ulcers notably helpin to make a nice scar. In liver affections I had not used it till Dr. Robert T. Coope mentioned it to me in this regard, but he knew of no special indication for it use in preference to any other, and this is ever the great difficulty with orga remedies, especially where the epidemic genius of the disease is unknown, and as it so often is, unknowable; my greatest help is to find out the exact part of th organ or part, a given remedy affects and this is often quite sufficient.

The two symptoms, chilly hands and easily frightened, taken together and i conjunction with liver troubles, would seem to call for *Calendula.*

CALOTROPIS GIGANTEA

Keynotes:

This remedy has mind symptoms similar to *Ignatia,* with deep cracks an indurated skin. It is often useful in diabetic foot and leprosy. Also, I am usin it quite often in Dupuytrens contracture with *Tub residuum* and *Formic acid.* There is cramp-like pain in the center of the right palm when grasping anything and this cramp lasts for many days. There is also pain in wrist when moving it. It is a great intercurrent remedy to use in syphilitic patients - like *Kali iod* o *Syphilinum.*

CANNABIS INDICA

Keynotes:

The keynotes of this remedy are hyperthyroidism + insomnia, dreams of death, grinding of teeth at night, slow pulse, and dryness of tongue. This patient i always smiling and happy. This remedy can be used in cases of brain tumors.

Gliomas (tumors in the brain) are especially aggressive malignant forms o cancer, often resulting in the death of affected patients within one to two year following diagnosis. There is no cure for gliomas and most available treatment provide only minor symptomatic relief.

A review of the modern scientific literature reveals numerous preclinical studie and one pilot clinical study demonstrating cannabinoids' ability to act a antineoplastic agents, particularly on glioma cell lines.

Many experts now believe that cannabinoids may represent a new class of anticancer drugs that retard cancer growth, inhibit angiogenesis and the metastatic spreading of cancer cells.

CAPSICUM

Keynotes:

- Cannot tolerate juicy vegetables
- Bloated abdomen
- Chubby + chilly
- Allergic rhinitis with itching eyes
- Acute hearing during chill
- Foul eructation after coughing
- During pregnancy impaired hearing
- Homesickness
- Lazy
- Obstinate

Think of this remedy when you want to prescribe *Sulphur* in pediatric cases.

CARBO ANIMALIS

Keynotes:

The main keynote of this remedy is cancer + *Natrum mur* mind state. In this remedy we have tremendous weakness, slowness, dullness, no energy + cancerous growths/ tumors. This is another of the major remedies I utilize in my practice, especially in cancer cases.

This patient avoids company, has a desire to be alone, is sad and depressed, and doesn't want anything to do with anyone. With these mind symptoms, sometimes one may think of *Sepia,* however if the patient has cancer pathology with these keynotes, think about this remedy.

There are some clinical keynotes that I often use when I prescribe *Carbo animalis:*

- > Passing flatus
- Aversion to milk, meats, fats
- < Salt
- Cannot tolerate heat or cold

- Abdomen pain – in acute situation > passing flatus, stools
- Coldness of extremities
- Drawing cramping pain in calf during walking
- Suffocation at night on closing the eyes
- <After shaving
- Sweat staining yellow
- Offensive discharge
- Coryza while eating
- Flatulence like *Lycopodium*

The symptom syndrome that I often use in the backaches of *Carbo animalis* is as follows and it is very similar to *Thuja:*

- Backache < breathing, lying while, lying on back, menses, rising from sitting, sitting long
- Pain: general: lumbar region, lumbago: breathing
- Pain: general: lumbar region, lumbago: lying: while
- Pain: general: lumbar region, lumbago: lying: back, on
- Pain: general: lumbar region, lumbago: menses: during
- Pain: general: lumbar region, lumbago: rising: long sitting, after
- Pain: general: lumbar region, lumbago: rising: seat, from
- Pain: general: lumbar region, lumbago: sitting: while
- Pain: general: lumbar region, lumbago: standing
- Pain: general: lumbar region, lumbago: stepping, when
- Pain: general: sacral region: breathing, when
- Pain: general: sacral region: menses: before
- Pain: general: sacral region: stool: during
- Pain: general: sacral region: stool: pressing at
- Pain: general: coccyx: lying, while
- Pain: general: coccyx: menses: during
- Pain: general: coccyx: pressure
- Pain: general: coccyx: sitting: while
- Pain: general: coccyx: touched, when

CARBOLIC ACID

Keynotes:

This remedy is very similar to *Carbo veg.* It is often very useful in injuries that are very deep. Its action is similar to that of *Calendula,* but with a horrible smell. The smell can be very offensive. Also, the patient can have a headache like *Gels,* from temple to temple. There is an aggravation from physical exertion. In the last stages of malignant diseases of any names– think of this remedy.

Other indications include:

- Involuntary discharges
- Difficult respiration
- Offensive smell

CARBONEUM SULPHURATUM

Keynotes:

This remedy has *Plumbum*-like nerve pathologies + a *Sulphur*-like mind. It is one of the main remedies for the neurological symptoms. This remedy can be compared to *Thyroidinum.* It has impotency like *Selenium,* is chilly and aggravated by damp weather.

- Peripheral neuritis
- Sciatica
- Diminished sensitivities
- Cramps with lightening-like pain
- Multiple sclerosis
- Sensory neuropathy
- Very similar to *Plumbum*-like pathology, although used more for the initial stages

Symptoms of the eye are also marked:

- Optic neuritis
- Vision affected
- Congestion
- Hemorrhages
- Atrophy

CARCINOSINUM

Without the remedy *Carcinosin,* it would be very difficult to heal cancer patients in today's generation. Most cases of cancers would need *Carcinosin* 1M, 10M, 50M, in ascending potencies, even during acute conditions. This remedy is related to almost all polychrest remedies.

There are a few confirmatory keynotes that I often use in practice for this remedy:

- No history of any major illness during childhood
- No repeated history of measles, mumps, etc. during childhood
- Enjoys rainy weather, starts dancing in the rain
- Insomnia – sleeplessness
- Many desires of food – sweets, chocolates, meat, chicken, fish, warm food
- <Undressing
- Modality – affected by the seaside
- History of cancer, tubeculosis, malaria, or diabetes
- Nervous like *Gelsemium,* causing vomiting
- Mind like *Arsenic alb* – wears white, fastidious, anxious disposition
- Skin symptoms <undressing
- Children who need this remedy are precocious, mild, weeping, gentle, mixture of *Ignatia* and *Lycopodium*
- Recurrent abcesses, fistulae, sinus infections, keloids
- Sleep position – on abdomen

CARDUUS MARIANUS

Keynotes:

This remedy is *Chelidonium*-like. There are varicosities + alcoholism + liver pathology + asthma. This is the main remedy used when complaints are accompanied by ascites. There is an aversion to meat and salt. I also give this remedy in cases of gallstones, and cancer of the rectum with hemorrhages. Overall, this remedy is very allergic. The left lobe of the liver is enlarged, the tongue is white and cracked, there is an aggravation from lying on the left side, and there is amelioration by bleeding. Also, this remedy has asthmatic symptoms like an *Arsenicum* patient.

CASSIA SOPHERA

Keynotes:

This is an Indian drug and it is the main remedy for difficult respiration and constipation. The difficult respiration is similar to that of *Arsenic alb,* and the joint pains are similar to *Rhus tox.*

Other indications for this remedy include:

- Skin disease with bronchial asthma
- Osteoarthritis and *Rhus tox* like joint pains and symptoms
- Asthmatic, difficulty in breathing < night, < lying down
- > Bending forward

CASTANEA VESCA

Keynotes:

This remedy is very *Cuprum*-like. The cough is paroxysmal, with dry spasms of cough, and is better by warm drinks. This patient is thirsty and has a weak back.

CASTOREUM CANADENSE

Keynotes:

This remedy is *Ignatia*-like. The patients are hysterical with a lot of grief. Cancer of the tongue is specifically treated with this remedy. The keynotes of this remedy are yawning, extreme difficulty in breathing, dyspnea followed by colic, the colic is better by pressure, and the dyspnea is better by lying on the left side.

Master Hering's keynotes of the remedy:

Dr. Hering speaks of using it with great success in a case of swelling of the tongue with a rounded elevation in the center, the size of a pea surrounded by an angry, suspicious looking base. It was extremely sensitive, and the patient felt a drawing sensation, as if a string was pulling the center of the tongue towards the hyoid - bone. This looks like an important symptom. Cases of this kind, unless attended to immediately and successfully, may turn into a malignant sore.

CASTOR EQUI

Keynotes:

This remedy is *Graphites*-like. The keynotes of this remedy have to do with the breast and nipple. There is ulceration of the nipple, violent itching in the breast, and other symptoms like cracks. There are warts which are especially hard and indurated. In psoriasis, the skin becomes hard. The *Castor equi* patient is chilly.

CAULOPHYLLUM THALICTROIDES (ankly)

Keynotes:

This remedy is very similar to a *Sepia*-like patient. Routinely we are prescribing *Sepia* to these patients. The characteristic symptoms include fungal infections with rheumatoid arthritis-like symptoms, especially of the wrists. There is ankylosing spondylitis and cervical spondylitis. This patient has rheumatism of the small joints, is fretful, excitable, apprehensive, exhausted, inclined to hysteria, has a sense of weakness and internal trembling, is sensitive to cold and desires warm clothing sleepless, and has the joints pain at night which make her restless.

Some classic keynotes include:

- Upper limbs: hand: closing hand, on
- Upper limbs: fingers: joints: rheumatic
- Upper limbs: thumb: joints: rheumatic
- Lower limbs: menses: before
- Wandering, shifting
- Wandering, shifting: lower limbs
- Worse before menses
- Habitual abortion
- Butterfly skin, acne of the face

CAUSTICUM

Keynotes:

This is generally a right-sided remedy, with left-sided sciatica and numbness (opposite of *Lachesis*). Ear wax is often seen as a concomitant symptom (like *Conium*). There is nodding of the head, cracking of the joints, restless feet at night, aggravation from damp weather, craving of salt, aggravation from meat and sweets, and cracks of skin. No remedy has more anal symptoms than *Causticum*. This remedy can specifically be used in osteoarthritis, and for deformities caused by arthritis. These patients have grief like *Ignatia* and are also similar to *Phosphorus*. Also, another interesting symptom is that the patient cannot cough deep enough (cough slips down). Often when I am thinking of *Baryta,* I think of this remedy.

This remedy makes the maximum mistakes, see rubrics below:

- Mistakes, makes: talking
- Mistakes, makes: talking: misplacing words
- Mistakes, makes: talking: mispronounces: words
- Mistakes, makes: talking: reverses words
- Mistakes, makes: talking: transposes sounds
- Mistakes, makes: talking: wrong: syllables
- Mistakes, makes: talking: wrong: words, using
- Mistakes, makes: writing, in: transposing: letters

Staphysagria is a complimentary remedy to *Causticum.*

CEANOTHUS

Keynotes:

This remedy seems to possess a specific relation to the spleen. Generally, it is a left sided remedy and used for anemic patients where the liver and spleen are at fault. There is also chronic bronchitis with profuse secretions. This remedy has marked power to reduce blood pressure, and is an active hemostatic, materially reducing the clotting of blood.

Other indications include:

- Enormous enlargement of the spleen
- Splenitis
- Pain all up the left side
- Deep seated pain in the left hypochondrium, hypertrophy of spleen
- Leukemia
- Violent dyspnea
- Menses profuse, and yellow weakening leucorrhea
- Unable to lie on left side
- Pain in liver and back

CENCHRIS CONTORTRIX

Keynotes:

- Dreams of rape or sexual relationship
- Sexual abuse/ sexual mal-handling
- *Arsenic* + *Lachesis* in respiratory distress

- Leading to guilt complex (<morning, intolerance to fanning, <mid-day mid-night, restlessness, chilly, tight clothing)

CEDRON

Keynotes:

This is one of the remedies which I use in clinical practice for malaria. Without this remedy it would be very difficult to practice in a place like India, where acute diseases are prevalent. I feel it is next to impossible to practice without this remedy. The main keynotes on which I prescribe this remedy, are the patient would get the fever/chill exactly at the same time of day, every time. They are drowsy and dull, wanting to drink warm drinks, and have extreme headaches extending from the eyes to all over, especially in rainy weather. Often, there are dreams of dead people.

Other indications include:

- Time: returning: at same hour
- Coldness, partial - objective: nose: icy
- Coldness, partial - objective: abdomen
- Pathological type: intermittent, every seventh day
- Concomitants: eyes: itching
- Partial heat: urinary: ureters, in

CHELONE GLABRA

Keynotes:

This is a remedy used in liver affections with pain or soreness of the left lobe of the liver and the pain extends downwards. It is an enemy to every kind of worm infesting the human body.

Other indications include:

- Dumb ague
- Soreness of external parts as if the skin were off
- Debility
- Malaise, following intermittent fever
- Dyspepsia with hepatic torpor
- Jaundice
- Round and thread worms

CHIMAPHILA UMBELLATA

Keynotes:

This remedy is one of the forgotten sycotic remedies. It is useful for bladder and prostate pathologies. I have also been using it for breast cancers with great results. There are large tumors of the breast with pain passing through it. *Chimaphila* can be used in the later-stage of any atrophic disease. An important modality is rainy weather aggravates.

CHININUM ARSENICOSUM

Keynotes:

The keynotes of this remedy are weakness + periodicity + *Arsenic alb*-like respiratory troubles and thirst. We should think of this remedy where everything is like *China,* however the weakness is more intense.

Other keynotes that I use in practice include:

- Weakness
- Sweat extreme at night
- Extreme hunger or no hunger at all
- Increase and decrease of temperature like pendulum
- Asthma like *Arsenic alb*
- History of recurrent malaria
- Periodicity
- Headaches – throbbing like *Belladonna*
- Egg intolerance
- Acidity
- Loose stools
- Sleeplessness
- Coldness of hands and feet

CHININUM SULPHURICUM

Keynotes:

Rheumatism + *China*-like fever + extreme thirst, are the keynotes of this remedy. This is one of the most important remedies for dengue and malarial fevers.

Other clinical indications include:

- Itching in rectum
- Rheumatoid arthritis like symptoms are developed after fever, especially malaria and dengue
- Eye is especially affected – loss of sight, neuritis, buzzing in ear – symptoms of quinine poisoning
- Chronic renal failure – with the history of recurrent malaria
- *China* fevers are thirstless and *China sulph* fevers are thirsty
- *Bryonia* like headache > pressure
- Extreme backaches < sitting and touch

CHIONANTHUS VIRGINICA

Keynotes:

The keynotes of this remedy are abdominal cancers + headaches. The headaches are concomitants in this remedy, especially in hepatic pathologies when amenorrhea is present.

Other clinical indications for this remedy include:

- Gall stones with headaches
- Diabetes + concomitant *Bryonia*-like headache

Also, when you are clinically examining the patient there is an enlarged liver and there is soreness.

CHRYSAROBINUM

Keynotes:

This remedy acts as a powerful irritant of the skin and is used successfully in skin diseases, especially ringworm, psoriasis, herpes tonsurans and acne rosacea.

Clincial indications include:

- Vesicular or squamous lesions associated with foul smelling discharge and crust formation, tending to become confluent and give appearance of a single crust covering the entire area
- Violent itching on thighs, legs and ears
- Dry, scaly eruptions, especially around eyes and ears, scabs with pus underneath (ddx. *Mezereum*)

CICUTA VIROSA

Keynotes:

This remedy is often utilized by many doctors only in the cases of convulsions. The convulsions are aggravated by touch, noises, jarring and there are frightful contortions. See rubric below:

- Convulsions, with wonderful distortions of limbs, head turned backward, back bent as in opisthotonos; frightful distortions; with unconsciousness; spasms of all the muscles – Allen's writings

Also, I have often prescribed the remedy *Hyos,* when the case needed *Cicuta.*

Other indications include:

- History of skin eruptions – being suppressed
- Eczema without itching
- ADHD children
- Difficulty in reading and writing
- Singing, dancing grotesquely, shouting ; after an unusual sleep heat of body, she sprang out of bed, laughed, did foolish things, drank much wine, jumped about, clapped her hands and grew red in the face. Constantly screaming the name of his sister. It seemed as if he were a child and objects were as attractive to him as toys to a child - from Allen's writings

CINA

Keynotes:

Indications for this remedy include:

- Complementary of *Drosera* in coughs
- Extremely hungry
- Sensitive, nervous women who get pain in the head and eyes from sewing, like *Ruta*
- Hydrocephalus, internal headache on touching or tapping the spinal cord, always in the sun, when head is hot and the feet are cold
- Often observed it to be similar to *Cuprum* patients – I have often prescribed *Cina* and it has been the most fantastic drug
- Convulsions: fever and worse touch, sensitive, delirium and glassy eyes, mouth drawn, white rings around the eyes and mouth; after punishment, like *Chammomilla*, and especially like *Ignatia*

- Cannot be quieted by any persuasions; remains proof against all caresses. Scorns everything, even those things of which he is usually fond. Indifference; neither agreeable nor disagreeable things make the slightest impression upon him - Allens writings

Often, my students ask me how to differentiate between *Cina* and *Chamomilla.* Along with the physical irritability, the main way of differentiating *Cina* and *Chamomilla* is through clinical observation. When you touch the *Chamomilla* patient's head, it will be warm to touch and perspiration will be there. In *Cina* patients, this will not be there.

CINERARIA MARITIMA

Keynotes:

This remedy is known for its use in any ophthalmic disease – like cataract or inflammatory conditions.

From Burnett's Writings:

Cineraria maritima succus is one of the important remedies for ophthalmic diseases. This is the only homoeopathic medicine that has been used externally as a specific for the cataractous affections of the eyes. It is prepared from the juice of the plant and dropped in the eye. The juice does not appear to produce any inflammation, a slight burning sensation, which lasts for about two minutes, following its application - There is also more or less lachrymal discharge tinged with the coloring matter of the liquid used. Probably the action of this remedy consists in stimulation of the absorbents, and as far as our present experience goes, the improvement produced is progressive and enduring. The general dosage should be two drops instilled in the eyes three times daily. One should continue this medicine with some patience for several weeks before any material change will be observed.

CINNAMOMUM CEYLANICUM

Keynotes:

This remedy is very similar to *Millefolium,* I especially use this in patients who have passive hemorrhages from the uterus. I also use it to relieve pains of cancers, and it is highly effective.

Rubrics include:

- Uterus: hemorrhage: mechanical injury, straining, undue exertion, from.
- Menstruation: blood: bright-red.
- Menstruation: menorrhagia.

- Menstruation: menorrhagia: protracted, premature, profuse
- Pregnancy and labor: abortion
- Pregnancy and labor: abortion: traumatism, from
- Pregnancy and labor: labor and parturition: pains: spasmodic, irregular, intermittent, ineffectual, fleeting
- Uterus: hemorrhage: blood: profuse, passive, obstinate

CITRIC ACID

Keynotes:

The keynotes of this remedy are acid-like constitution + cancers. The main rubric for this remedy is:

- Indolence, aversion to work: housework, aversion to her usual

This is the only medicine that represents this rubric in our materia medica.

CITRUS LIMONUM

Keynotes:

The keynotes of this remedy are *Sepia*-like mind + cancers. Often, this remedy is complimentary to *Sepia.* It is suitable to women who are generally very attentive but suddenly become averse to their domestic duties.

The main rubric for this remedy is as follows:

- Aversion: domestic duties, to.

CLEMATIS RECTA

Keynotes:

- Sleepiness
- > Perspiration
- < Moon
- Rheumatism
- Stricture
- Swelled inguinal glands and spermatic cord, with cutting, sore pains.
- Orchitis
- Inability to pass all the urine; dribbling after urinating
- Mind like *Sepia* - disgust, hitting children

COCA

Keynotes:

This is one of the main remedies which I often use in cases of asthma. What is important to note is that this remedy will be useful only if the concomitant symptoms match. After abuse of tobacco, when there is difficulty in breathing, patients want deep breath, and who are now sad and want to be alone, this remedy is successful. It is especially successful when using it in elder people who have asthma and difficulty in breathing. There is also extreme palpitations on excitment and/or exertion. Often, I give this remedy to patients who are going to the mountains or to higher altitudes – I like to call it the 'Soldier's Remedy'.

Other indications include:

- Dyspnea, a pressure on whole chest and constant desire to take a deep breath
- Difficult breathing continuing even in bed, with palpitation
- Short breath on ascending a height, with oppression
- No want of breath on climbing a hill (hence mountaineers remedy)
- Dyspnea, with weak heart
- Asthma, with nervous exhaustion, restlessness and sleepiness
- Weakness of vocal cords, with hoarse voice, aggravated after talking

COCCULUS INDICUS

Keynotes:

Ignatia and *Cocculus* are the most frequently used remedies for females which I regularly use in my practice. There are 2 symptoms from the repertory that are the keynotes of *Cocculus*:

- Anxiety: health, about: relatives, of: little concerned about his own.

Cocculus patients are so anxious about their children and about their relatives. They are just concerned about taking care of everyone and nursing them. This happens in a high intensity and is one major keynote of this remedy.

- Sadness, despondency, depression, melancholy: insult, as if from.

This rubric is from Kent's Repertory and this symptom is similar to a *Staphysagria* patient. They are very easily hurt, feel insulted, indignated and feel grief very easily. Often these patients go around alone and sit alone. They want nothing to do with anyone yet they still keep doing their work and taking care of the family. Constantly, they are getting anxious about their family. These two are the main indications on which I prescribe this remedy.

Other keynotes are as follows:

- Car sickness
- Cracking of joints
- Weakness in small of back
- Aversion to food, drinks and tobacco
- <Loss of sleep
- Painful contracture on examining
- Dysmennorhea with profuse dark menses
- Hernia
- Vertigo – it is a specific for it

Dr. Kent's description of Cocculus:

> *"The active principle of Cocculus, to which most of its properties are due, is called Picrotoxin, a word meaning bitter poison. The principal action of this drug, is over the cerebrospinal system where it produces a kind of paralysis, depending on disorders of the spinal column. It has a special affinity for the lumbar region of the spine. It also acts upon those portions of the nervous system which control muscular movements. Hence we come across many symptoms indicating weakness of the legs, thighs, and the back. The Cocculus patient is constantly complaining of his back as if paralyzed. We notice unwieldiness of lower extremities; they cannot lift their legs while walking but drag them along. Knees sink down from weakness and they practically totter while walking, as if about to fall. Soles of feet go to sleep. Symptoms like these are particularly characteristic of Cocculus and should direct our attention to this remedy. Such symptoms of weakness of prostration are not confined to the lower limbs alone. We notice trembling in all the limbs. Lassitude permeates the Cocculus patient in his entirety. It is quite an exertion for him to stand; even talking is a taxation. A constant tendency to faint associated with a feeling of sickness and nausea, great hyperesthesia of all the senses and exalted susceptibility to impressions, startings and shudderings, migratory numbness which comes and goes inexplicably, and melancholia characterize Cocculus in a remarkable way.*
>
> *We will study the general system and the mind as usual. Cocculus*

> *slows down all the activities of the body and mind, producing a sort of paralytic weakness. Behind time in all its actions. All the nervous impressions are slow in reaching the centers. If you pinch this patient on the great toe he waits a minute and then says "oh", instead of doing it at once. In response to questions he answers slowly, after apparent meditation. but it is an effort to meditate. And so with all nervous manifestations, thought, muscular activity, etc., he cannot endure any muscular exertion, because he is weak; he is tired. First comes this slowness, then a sort of visible paralytic condition, and then complete paralysis."*

Cocculus is the main remedy in stroke patients and paraplegic patients.

COLCHICUM AUTUMNALE

Keynotes:

This is a key remedy when considering rheumatoid arthritis. The arthritis is aggravated by the least amount of touch and least amount of odor. Often, in cases where *Bryonia* doesn't work, we should think about this remedy.

Other indications include:

- Burning in stomach
- Flatulence
- Urine scanty
- Mind can be like *Staphysagria* where the least thing affects the patient
- Left to right the symptoms go
- Aggravated by motion

COLLINSONIA CANADENSIS

Keynotes:

This remedy is very useful in cases of chronic piles. Often, the piles are bleeding and painful.

Other indications include:

- Constipation like *Nux vomica*
- Often I have seen their mind state is like *Gelsemium* – least thing affects the patient and there are palpitations
- History of cardiac pathology
- Action on veins can be seen in pathology
- Ascites

COLOCYNTH

Keynotes:

This is often a complementary remedy to *Staphysagria* in ovarian diseases like PCOD or ovarian tumors. I have even used it in cases of sciatica or neuroblastoma. This remedy is comparable to *Kali carb.*

Other indications include:

- Neuralgias and headaches
- Facial neuralgia, about the eyes, worse left, sore, better pressure of the cheek, the patient is restless and cries out. Burning is more characteristic of the eye pains
- In cases of colic
- Colic, most violent, better hard pressure, bending double, heat; the paroxysms increasing in intensity, may extend to the chest and pelvis; arising from anger or ice water, when heated or suppressed sweat

CONIUM MACULATUM

Keynotes:

This remedy along with *Hydrastis, Asteria* and *Taxus* are the main remedies that have helped patients with breast cancer. There are hard, indurated tumors, with extreme pain, and the patient is aggravated by cold air.

Other indications include:

- Concomitant of vertigo or hard ear wax
- Pain in the kidneys if the desire to urinate is not attended too quickly enough (ddx. *Sulph*)
- Sweats at night, when asleep
- Extreme weakness
- Aversion to milk – it causes distention
- Mind state – I have confirmed is like *Sepia* – indifference to loved ones, wants to be alone and in own world
- Students ready for night work
- Leucorrhea after menses
- Followed by *Psorinum* – this is a clinical confirmation

CORALLIUM RUBRUM

Keynotes:

In many many cases that we are prescribing *Cuprum,* we are missing *Corallium rubrum.* The keynotes for this remedy are violent, paroxysmal cough one after the other, along with coryza.

The following are rubrics of the *Corallium* cough:

- Barking: short, "firing minute guns" all day and for an hour or so towards evening, increasing to a violent spasmodic paroxysm
- Frequent: rapid, attacks come on with, cough, and follow so close as almost to run into each other
- Cought at latter part of night and morning, worse in afternoon and evening
- Paroxysms, in: loose cough, followed by vomiting of tough ropy, stringy mucus, severe
- Cough - paroxysms: minutes, every fifteen or twenty, with occasional intervals lasting an hour
- Cough - paroxysms: rapid cough, come on with, and follow so close as almost to run into each other

The following are important concomitant symptoms:

- Ulcers – sensitive to touch
- Post nasal dripping
- Patient is very sensitive to cold air – this can be so great, that the patient will say that they are chilly from the inside.

CRATAEGUS OXYACANTHA

Keynotes:

The condition in which I have found *Crataegus* of the greatest value is the myocardial degeneration with a steadily failing heart. In such a condition there will be the usual accompanying symptoms, steadily increasing pulse rate, signs of pulmonary congestion, a certain amount of edema, slight cyanosis, and aggravation from any exertion.

An important concomitant of this remedy is insomnia. Those who cannot digest meat will do well with this remedy.

CROTALUS CASCAVELLA

Keynotes:

This remedy has fears like *Belladonna* + neurological problems (paralysis etc.). It is known as the right-sided *Lachesis*. One fearful patient who I was giving *Belladonna* did very well on this remedy.

Other indications include:

- Chilly patient, but better in open air
- Right sided symptoms
- Desires: ice, cold
- Aversion: meat
- Right shoulder pain
- Restlessness; plays with fingers
- Hands and feet are cold to touch
- Cramp of the heel
- Urinates in sleep
- Restless
- Pimples on body

CROTALUS HORRIDUS

Keynotes:

In acute states, this remedy is a mixture of *Carbo veg*-like exhaustion, vomiting + *Lachesis*-like menses, tight clothing aggravates.

What I have also observed and when we study Boenninghausen's Materia Medica is that these patients are like *Silica* - shy, cold hands, and do not remember things well.

Other indications for this remedy include:

- Dreams of the dead
- Salivation
- In strokes - eyes and mouth are open - and tongue is paralyzed
- Acute state - it is like *Arsenic alb* - extreme weakness, vomiting, thirsty, history of infections
- Eyes - burning
- Pupils dilated
- Nausea and vomiting < during menses

- Elbows and shoulders are painful
- Nails - black in color
- Discharges stain

CURCUMA LONGA

Keynotes:

This is the main Indian remedy that I use in hepatic-related pathologies with immuno-compromised patients. Even in HIV patients with cirrhosis, this remedy has helped. In viral hepatitis *Curcuma* can be one of our major remedies. Also, it is a well-known Indian drug, so I am using it more often and trying to compile the collected clinical symptoms.

CYCLAMEN EUROPAEUM

Keynotes:

The keynote of this remedy is hiccough + *Ignatia*-like symptoms. This remedy is apparently very similar to *Pulsatilla.* These patients do not want to go out of the house for any reason. The left eye turns towards the nose of the patient, and there is an allergy to cats. These patietns will mock sad incidents, and are very cynical – often they will say that they don't want to get well.

CYNODON DACTYLON

Keynotes:

In Bengal, this remedy is known as "Durba", a common grass growing in India. Although many others mostly neglect it, Bengali homoeopaths are using it in daily practice.

The keynotes of this remedy are piles that are bleeding + loose stools, like *Podophyllum.* There is also acidity and biliousness like in *Nux vomica.* I have found it to be an excellent remedy in hematemesis, epistaxis, hemoptysis, menorrhagia, leucorrhea, dysentery, bleeding due to cuts and wounds, scabies, retention or suppression of urine and catarrhal ophthalmia. I have also seen it cure cases of vesical calculus. In dysuria, irritation of the urinary organs and in gleet, its efficacy will always be found.

DOLICHOS

Keynotes:

The keynotes of this remedy are itching and herpes, like *Rhus tox*. Also, I have used it for piles with itching, with history of liver complaints.

DROSERA ROTUNDIFOLIA

Keynotes:

The keynotes of *Drosera* include *Tuberculinum*-like pace + *Belladonna* desire for company. Patients will be restless. We can consider this remedy especially for children with ADHD. For those who are restless and eat/ crave meat, we must think of two remedies, *Allium sativum* and *Drosera.*

In patients who need *Drosera,* there is often a history of TB or whooping cough. There is monoarticular inflammation as well. Mentally-emotionally, *Drosera* is fearful in the dark and when they are alone. This patient will crave sour things.

M.L. Tyler's drug picture of *Drosera* is all we should remember:

> *"A few years ago, I came to the startling conclusion that the only two people who really knew anything about* Drosera *were Samuel Hahnemann and myself; and I have had it in my mind ever since that I would like to communicate such knowledge as I possess to my colleagues the world over. I can only hope that I may be enabled to add something very real to our powers of fighting one formidable disease* - Tuberculosis.*"*

DYSENTERY COMPOUND

Keynotes:

The keynotes of this remedy are history of recurrent dysentery + anticipation. This remedy is very *Gelsemium*-like. I have often used *Dysentery co.* when we usually think of *Gelsemium.* It has a *Rhus tox*-like modality where this patient is aggravated by rainy weather, is apprehensive, and has a history of dysentery.

ECLIPTA ALBA

Keynotes:

- Headache < sunrise to sunset
- Falling of hair
- White spots after burn/ scalding
- Purulent conjunctivitis, pyorrhea
- Pitting edema
- Child has excessive craving for clay
- Chronic amoebiasis

EQUISETUM ARVENSE

Keynotes:

Rhus tox-like joint pains + *Silica*-like constitution are the keynotes of this remedy. This patient is chilly, constipated, perspiring and nervous like *Silica*. There is a specific action on the knee and the joints are better by stretching.

ERECHTHITES HIERACIFOLIA

Keynotes:

Hemorrhagic tendency and bright red blood is the main keynote of this remedy.

ERIGERON CANADENSIS

Keynotes:

This is one of the main remedies for hemorrhages along with painful micturition. In females, it is present in the form of menorrhagia and metrorrhagia – where there is a concomitant of burning and/ or bleeding in the urinary tract or the concomitant of dysentery. Another concomitant is tympanitis, or commonly known as gas in the stomach. This remedy is similar to *Mercurius corrosivus*. Dysuria + frequent micturition + frequent stool + hematuria are the keynotes for this remedy.

ERYNGIUM AQUATICUM

Keynotes:

This remedy is very *Cantharis*-like. There is only one remedy that is similar to *Cantharis* in whole materia medica and it is this remedy.

Important rubrics for this remedy:

- *Frequent desire to urinate;*
- *Stinging burning pain in urethra, behind glans, during urination.*
- *Must urinate every five minutes. urine dropping away all the time and burning like fire. renal colic.*

I had a patient who came to me and was going to urinate every 3-4 minutes. They told me they were experiencing too much burning. I gave this remedy in 30 potency and it totally helped the patient. This is one of the most underrated remedies in the materia medica.

ESCHSCHOLTZIA CALIFORNICA

Keynotes:

This is an *Opium*-like remedy. The main indication that is seen is the sleeplessness + constipation.This can be utilized in all brain pathologies and neurological pathologies.

ETHAMBUTOL

Keynotes:

This remedy is used for red or green color blindness. Other indications include optic neuritis and tubercular history.

EUCALYPTUS GLOBULUS

Keynotes:

The keynote of this remedy is fever along with catarrh. The following concomitants are present in this remedy:

- Catarrh – recurrent cold and cough
- Sore throat that is worse with the weather change
- Recurrent malaria
- Hematuria
- Burning heat all across the body
- Nose – stuffed up
- Slow digestion
- Asthma – difficulty in breathing – with phlegm
- Extreme body ache – *Rhus tox*-like stiffness

I have seen this remedy to have a specific action on the kidney, causing hematuria.

This is a gem of a remedy, mainly to be used in the 6X potency. This remedy can be used repeatedly in fevers and can be used as an intercurrent as well.

EUPATORIUM PERFOLIATUM

Keynotes:

The keynotes of this remedy include bodyache + perspiration ameliorates + intermittent fever + headache like *Bryonia* + chill in the morning. There are other important concomitants of this remedy and they are as follows:

- Periodicity
- History of recurrent malaria
- Slowness, dullness like *Gelsemium*

- Soreness – body ache like *Gelsemium*
- Backache – extreme with aching

A major mental symptom that is confirmed in practice is these patients are better by conversation. They would just want to talk and talk, and always have someone around them.

EUPATORIUM PURPUREUM

Keynotes:

Diabetes + homesickness + impotency / sterility are the main keynotes of this remedy.

EUPION

Keynotes:

This remedy is like *Calcarea carb*. This remedy can easily be missed and homoeopaths would often give *Calc carb.* For example, if we see an obese female with a backache, who has cramps in her calves, we can think of this remedy. This patient would also get scary dreams, easily sweat on exertion, the backache would be better by support, and if they were female they would get leucorrhea after their menses. The main pathology of *Eupion* is uterine displacements.

FERRUM IODATUM

Keynotes:

Tumors + debility + past history of suppression of either eczema/ menses, are the main keynotes of this remedy. Other characteristics of this remedy include:

- Fearless
- Food allergies
- Appetite increased
- Hot patient

This remedy is often used to aid in thyroid diseases and/ or in females with suppression of menses. There is a prolapse/ retroversion of the uterus, and history of fibroids. The specific action of this remedy is on fibroids.

The keynotes of this remedy are tumors and growths with increased hunger. I have often observed these patients to be very quarrelsome and anxious.

Other indications include:

- Nephritis after exanthemata.
- Prolapsus, difficult to retain the urine

Important dreams:

- Dreams: events: long past, forgotten.
- Dreams: events: previous
- Dreams: fights.
- Dreams: robbers.
- Dreams: robbers: fighting, with.
- Dreams: tall, of being very (similar to Delusions, enlarged)

FERRUM METALLICUM

Keynotes:

I think of this remedy when I ask patients, in pathological cases of cancer especially, if they are afraid of dogs, animals, the dark, or being alone, and they say that they are fearless. Further, we often see *Ferrum* patients fighting with our assistants or the pharamacy people. These patients just cannot tolerate the least opposition.

The following are other indications for this remedy:

- Food allergies of all kinds
- Better by walking slowly
- Aggravated at night
- Sensitive to noise
- History of recurrent malaria
- Headache – hammering, must lie down
- Cough > eating
- She has an oppression as of a hand on her chest with difficulty of breathing, her pains force her out of bed at night and compel her to walk about slowly
- Restless and weakness even though looking normal

FERRUM PICRICUM

Keynotes:

This remedy is very *Thuja*-like, plus there is over-exertion of organs. The main keynotes of this remedy are warts, corns, fissures and cracks. There is notable debility like *Picric acid.* There is hardness and induration, both of which are pathological generals of this remedy. There is an affection for the prostate – enlargement and cancer – where there is frequent micturition at night with burning and smarting, along with recurrent urinary tract infections. There is an action on nerves – diseases like sclerosis and locomotor ataxia have been helped when symptoms correspond.

This remedy is a great remedy to complete the action of other medicines. It is especially useful in the failure of the function of an organ under exertion (ex. the voice is lost after public speaking). It acts best in dark-haired patients, plethoric, with sensitive livers.

Other indications include:

- Warts and epithelial growths
- Corns with yellowish discoloration
- Senile hypertrophy of prostate
- Epistaxis
- Chronic deafness and tinnitus due to gout
- Meatus dry
- Buzzing in ears, deafness
- Chronic gout

FLUORICUM ACIDUM

Keynotes:

Hemangioma and blood related tumors are clinical indications that the patient needs this remedy. Tumors + ulcers which are indurated + extremely hot patient + varicosities, are seen as the keynotes of this remedy. Pulford's indications include: swollen glabella, sudden dropsical swelling + muscular weakness, complete paralysis, and involuntary sighing.

FOLLICULINUM

Keynotes:

This is the main remedy when there is a lack of reaction, especially with hormonal troubles arising from the ovaries. This remedy mainly affects the generative organs. Any hormonal disorders are the major concomitant for which this remedy is to be used as an intercurrent. Whether it is before the menses, premenstrual, or menopausal age, or even due to contraceptive pills, this remedy can be used.

FORMICA RUFA

Keynotes:

This is known for being an arthritic medicine. Gout and articular rheumatisms are common, with pains worse on motion and better with pressure.

Other indications include:

- Right side most affected
- Chronic gout and stiffness in joints
- Acute outbursts of gouty poisons especially when assuming the neuralgic forms
- Tuberculosis, carcinoma and lupus
- Chronic nephritis
- Complaints from over-lifting
- Apoplectic diseases
- Has a marked deterrent influence on the formation of polypi

GALANTHUS NIVALIS

Keynotes:

This is one of the main remedies that can be used for cardiac valvular diseases and murmur. This is the main keynote of the remedy, noisy and loud murmurs. There is also a special affinity for mitral valve disease. The pulse is rapid and irregular - almost opposite to *Digitalis.* One would expect a collapsed, dull state similar to *Carbo veg* along with the cardiac insufficiency and loud murmurs.

Other indications include:

- Faintness and sinking sensations
- Sore dry throat with headache
- Half conscious and worried feeling in sleep
- Heart weak with sensation of collapse, as if she must fall
- Pulse is irregular, rapid and uneven, violent palpitation
- Systolic murmur at apex
- Used in mitral regurgitation with broken down constitution
- Myocarditis with mitral insufficiency

GALEGA OFFICINALIS

Keynotes:

This remedy is similar to its relative *Glycyrrhiza glabra,* the well-known source of licorice. I give it as an intercurrent to increase appetite and increase the quantity of milk in nursing mothers.

GALLICUM ACIDUM

Keynotes:

I use this remedy mainly in pathological cases of tuberculosis, fibrosis and advanced lung pathologies. There is hemorrhagic diathesis and its symptoms are a mixture between *Tuberculinum* and *Stramonium.* The mind symptoms include abusive behaviour, lots of fears/ terrors, restlessness, kicking and throwing and acting rudely.

I often see these symptoms in ADHD children - especially violent children. This is one of the important remedies that I differentiate with *Stram, Hyos, Tub* and *Tarentula.* There is a craving for meat which can be due to the tubercular diathesis .

GALIUM APARINE

Keynotes:

This is one of the main organ remedies that I use for nodulated tumors, hard tumors – especially of the tongue and oral mucosa. These tumors will have a slow growth period. The remedy is very similar to *Calc fluor* and *Cistus canadensis.* It is a chilly remedy, again similar to *Cistus canadensis.* It is also used for renal stones, calculi and there is a constant urging for urination. Ulcerated tumors with psoriasis of hands is one of the keynotes that I have found useful when utilizing this remedy. Enlarged lymph glands can be treated by *Galium aparine* as well. There is a stagnation of water in the body, in the lymphatic, kidney and bladder. This remedy has a special affinity for fibrous tissue and treats multiple fibroscystic breasts. There is lymphatic swelling behind the ear, Morton's neuroma, neurofibromatosis, itching of the skin, dry eyes, and a sensation of never being satisfied.

GAMBOGIA

Keynotes:

The keynote that I found the most useful for this remedy is gurgling, gushing, sudden, gunshot-like, profuse, watery stools - similar to *Aloes,Podo* and *Croton tig*. The main modality is better after stools, along with pain in the navel, like *Dulc.*Although in some cases there is a burning feeling which remains. In some children, I have treated the symptom of itching in the eyelids with *Gambogia.*

GELSEMIUM SEMPERVIRENS

Keynotes:

In this remedy, one of the fever indications I have confirmed is extreme clinging during fever.

GENTIANA LUTEA

Keynotes:

This is the medicine for people who want to progress but are having setbacks. They doubt their healer and the remedy. They need continuous reassurance even when they actually feel better. There is hysteria, shock, jaundice, diarrhea, dyspepsia with mental and physical depression, and a lack of trust in the doctor.

Other indications include:

- Headache > eating
- Colic in umbilicus
- Flatulence as he eats
- Ravenous hunger
- Used to increase appetite
- *Lycopodium*-like

GERANIUM MACULATUM

Keynotes:

This remedy is especially used for peptic ulcers with vomiting + *Nux vomica*-like stools.

Other indications include:

- < Sun
- Ineffectual urge for stools
- Headache > closing eyes
- Nipples sore
- Dry mouth
- <Summer
- It is like a specific hemostatic remedy

GETTYSBURG AQUA

Keynotes:

The keynotes of this remedy are *Bryonia*-like consitution + ligament affections. It is especially used in cervical spondylosis.

Other indications include:

- < Lifting
- Ligaments are rigid
- < Motion, < morning, > rest (ddx. *Bryonia*)
- Past history or family history of TB

GINKGO BILOBA

Keynotes:

This remedy is used for old people who have degenerative brain disease. The keynotes on which I prescribe, is the degenerative pathology of the brain. Diseases like Alzheimers, multiple sclerosis, apoplexy and other brain ailments need this as an intercurrent remedy.

Patients who need *Ginkgo biloba* find it difficult to remember things, they cannot remember names or where they are. Memory has become very low, there is confusion, and there is difficulty in concentration. There is extreme weakness and physical fatigue. Also, other clinical indications include:

- Dry skin - especially palms
- Chilly < cold air
- Empty nest syndrome - like *Ignatia*

This is the main intercurrent remedy that helps brain pathologies, especially in old age patients.

GINSENG

Keynotes:

Ginseng is another herbal medicine and here again the knowledge of its folk medicine and research will help us understand this remedy. I often study the internet for other medicines like herbal medicine, Ayurveda and Chinese medicine to come up with a new materia medica for each remedy.

As we know, *Ginseng* is a popular homoeopathic remedy as well. Clinically, I have found it useful in the following:

- Debility
- Headache
- Lumbago
- Rheumatism
- Sciatica
- Sexual excitement

Other indications include:

- Lower back pain
- Paralytic like weakness
- Headache like - *Gels* - with vertigo
- Sexual debility
- Gurgling , noises in abdomen
- Hiccough
- Cracking of joints

N. M. Choudhuri and other Kolkata homoeopaths would tell me the following to be the indication of the remedy:

Valuable remedy for sciatica, its indication being a bruised pain in the small of the back and thighs on rising from bed and a great languor. The pain extends as far as the big toe. The patient complaints of a lightly digging pain in the right lower limb from the hip to the big toe. The pain is lancinating and tearing in its character. With this is noticed a frequent desire to urinate. It is a right-sided remedy.

On studying herbal medicine:

Ginseng leaf, although not as highly prized, is sometimes also used; as with the root, it is most often available in dried form. In folk medicine American and *Asian Ginseng* is used as an aphrodisiac, stimulant, for type II diabetes, as well as to cure sexual dysfunction in males.

Ginseng may be included in small doses in energy drinks or tisanes, such as ginseng coffee. It may be found in hair tonics and cosmetic preparations, as well, but those uses have not shown to be clinically effective.

Ginseng remains under preliminary research for its potential properties or therapeutic effects, such as respiratory illness, quality of life, influenza or fatigue in cancer patients.

Ginseng is known to contain phytoestrogens and may affect the pituitary gland to increase the secretion of gonadotropins.

Common side effects include insomnia, mania, nausea, diarrhea, headaches, nose bleeds, high blood pressure, low blood pressure and breast pain.

Symptoms of mild overdose may include dry mouth and lips, excitation, fidgeting, irritability, tremor, palpitations, blurred vision, headache, insomnia, increased body temperature, increased blood pressure, edema, decreased appetite, dizziness, itching, eczema, early morning diarrhea, bleeding and fatigue.

Symptoms of gross overdose include nausea, vomiting, irritability, restlessness, urinary and bowel incontinence, fever, increased blood pressure, increased respiration, decreased sensitivity and reaction to light, decreased heart rate, cyanotic (blue) facial complexion, red facial complexion, seizures, convulsions and delirium.

GLYCERINUM

Keynote:

The keynotes of this remedy are diabetes + *Phos acid*-like debility. Often in clinical practice you will not see the grief, the indifference and homesickness of *Phos acid,* however you will see considerable amounts of debility where the patient is so weak, they will say they cannot stand or cannot walk. These symptoms come along with long lasting discharges. There may be concomitant joint pains - although there will be weakness and emaciation more than anything else. The dullness and loss of memory may make one think about the remedy *Baryta carb* as well.

Other indications include:

- Apathetic
- Cloudiness, confusion, depression, dullness
- Memory: forgetful, weak or lost
- Memory: difficulty or inability of fixing attention
- Memory: unable to think

This is similar to a steroid and enhances the effect of cortisol and activity of the adrenal cortex. It is used in IBS, chronic disease, ulcerative colitis, and intestinal tuberculosis.

GLYCYRRHIZA GLABRA

Keynote:

The keynotes for this remedy include increased cholesterol + intestinal affections. There are special affinities for intestinal duodenal ulcers, intestinal polyps, IBS, and malabsorption syndrome.

Other keynotes include:

- Tiredness after meal
- Fatigue, debility from over work or exertion between, during and after meals
- Irritating cough (dry cough, dryness, unproductive cough, sore throat, acidity) with increased eosinophils

This remedy is mainly known for intestinal colitis and IBS.

GOSSYPIUM HERBACEUM

Keynotes:

Tall constitutions like *Phos* + female troubles especially scanty menses or PCOD are the keynotes of this remedy. Many a time, the patients feel the menses are coming. This remedy has often helped cancer patients as well. Morning sickness is often a concomitant.

Other female indications include:

- Menses: absent, amenorrhea
- Menses: late, too
- Menses: painful, dysmenorrhea
- Menses: scanty
- Menses: suppressed
- Pain: ovaries: extending to: limbs, down
- Pain: burning: ovaries

GRANATUM

Keynotes:

Salivation + vertigo + extreme hunger are the keynotes on which I prescribe this remedy.

Other indications include:

- History of worms
- Itching of palms

- History of pimples
- Pain in abdomen, aggravated around umbilicus area
- Hernia like symptoms
- Dreams - animals
- *Staphysagria*-like mind

GRAPHITES NATURALIS

Keynotes:

The keynote of this remedy is in cases of spondylitis, looking upward is nearly impossible. This patient is chilly, flabby, has aversion to sweets and cracks in the skin.

GRATIOLA OFFICINALIS

Keynotes:

Platina-like mind + *Nux vomica*-like gastric symptoms are the keynotes of this remedy. Another keynote symptom is the rush and quickness of stool. An important concomitant is the vanishing of sight.

Other indications include:

- Increased hunger after eating
- After eating - distention, cramps, colic
- Constipation with joint pains
- Lascivious
- Constipation with piles
- Diarrheas followed by anal burning
- Sleeplessness + gastric symptoms

Pain: aggravation: night, after

GRINDELIA ROBUSTA

Keynotes:

Arsenic alb-like asthma + expectoration ameliorates are the keynotes of this remedy. Also, 'smothering after falling asleep' in addition to a great aggravation after falling asleep are the major keynotes of this remedy. Lying on the bed causes difficulty in breathing (ddx. *Arsenic alb*). When clinically examining these patients, you will hear the rales.

Other indications:

- Low blood pressure
- Paralysis from extremities upwards like *Conium* (GB syndrome)
- Often given with concomitant of weak heart like *Digitalis*
- Stringy discharge like *Kali bi*
- Also have clinically confirmed in decreasing blood sugar levels
- Warm bathing ameliorates
- Pain in eyeballs (like *Bryonia*)
- Increased mucus secretion (ddx. *Coccus*)

Often in cases where we are prescribing *Arsenic alb,* think about this remedy.

Grindelia is noted for its efficacy in the treatment of asthma. It is mostly indicated in mucus asthma. There is an abnormal accumulation of tenacious, viscid mucus in the smaller bronchi, but the most important peculiarity of the drug consists in an aggravation during sleep. On falling asleep his respiratory movement ceases and is not resumed until awakened by the ensuing suffocation. The patient has to keep up in a sitting posture in the bed and sleep is entirely out of question due to interruption of breathing during sleep. It is also used in asthma from heart troubles. The asthma is secondary to heart affections. This difficulty of respiration during sleep is due to its paretic action on the pneumogastric nerve.

GUACO

Keynotes:

This remedy is indicated for nervous system disorders and female organs. There is also a general sensation of heaviness (similar to *Gelsemium*). It is an antidote to bites of scorpions and serpents.

Other indications include:

- Cholera
- Bulbar paralysis
- Syphilis
- Cancer
- Deafness
- Tongue heavy and difficult to move
- Spinal irritation

- Spinal symptoms are most marked
- Beer drinkers threatened with apoplexy
- Diarrhea and dysentery with aching in sacrum and loins
- Headache, red face
- Pain in deltoid, shoulders, elbows, arms and fingers
- Pain in hip joint
- Legs heavy
- Pain in ankle joints and soles
- Paralysis of lower limbs

One of the cases I have had of stroke with hemiplegia was helped by this remedy considerably. The main indications on which I prescribe this remedy are:

- Snake like symptoms - < left side, tight clothing aggravates, hemorrhagic diathesis, < sleep
- Alcoholics
- Heaviness and slurring of speech
- Pain in back
- Diarrhea and loose stools
- Increased urination
- Burning all over the body

GUAREA TRICHILIOIDES

Keynotes:

The keynotes of this remedy are its *Apis*-like eye symptoms + swollen eyes + hearing trouble.

GUAIACUM OFFICINALE

Keynotes:

This is one of the forgotten remedies in arthritis and rheumatism. I have seen homeopaths prescribing just *Rhus tox* for every patient who comes with joint complaints. My earnest appeal to everyone is to find the characteristic symptoms and prescribe on them, and when nothing is available then you can think about specifics.

Other indications include:

- History of recurrent tonsillitis
- History of infectious pathology
- Similar to *Streptococcinum*
- Bad odour from body
- Stretching desire
- Immovable; cannot move the joints – stiff
- > Cold application and pressure
- < Local heat
- Neuralgia with numbness
- Asleep sensation in limbs. Great sluggishness and weariness, especially in thighs, with aversion to motion. Extraordinary emaciation. Discomfort in body, better yawning and stretching limbs. Most complaints appear when sitting early in morning and during forenoon. Affected parts are very sensitive to touch. Suppurations and fetid discharge.
- PCOD with rheumatoid arthritis
- Ovarian complaints + *Rheumatism*
- Stiff neck and shoulders
- Feeling heat in affected part
- Knee and ankle are also affected
- < Night

You will see these patients come into your clinic and just stare and keep looking, and you are thinking it could be *Helleborus.*

The patient tells you he has stiffness and has cervical spondylosis which is aggravated by damp weather. The tongue is cracked, there is a desire for fruits and an aggravation from milk (ddx. milk desire, cold - *Rhus tox,* warm - *Bryonia*). The patient has also developed a lot of flatulence.

In the mind state, there are some dreams that I often see in clinical practice:

- Dreams: falling
- Dreams: falling: high places, from
- Dreams: fights
- Dreams: frightful

- Dreams: knives
- Dreams: misfortune, of
- Dreams: murder
- Dreams: murdered, of being
- Dreams: nightmare
- Dreams: quarrels
- Dreams: riots

Many patients who I have given *Stramonium,* later needed this remedy, as it has fright and terror like *Stramonium.* Another observation from practice is that these patients can be very haughty, egoistic, critical and indifferent people. Although the dullness and absent-mindedness can look like *Baryta carb* as well.

Often this remedy is useful in infective arthritis, where we have tried remedies like *Silica* and *Mercurius.*

GUNPOWDER

Keynotes:

This is the modern day *Silica* with recurrence + black discoloration. When you get a case of badly infected breast cancer where the skin is so dark, black and smelly, there is a history of infection, and the allopaths have lost hope and do not want to touch it, give *Gunpowder* 30C, 200C and 1M. The discharges of this remedy are black and not blue in color (ddx. *Tarentula cubensis*).

GYMNEMA SYLVESTRE

Keynotes:

Patients who are *Thuja*-like with diabetes need this remedy.

Other keynotes include:

- Hydrogenoid constitution
- Catarrhal headaches + diabetes mellitus + frontal headache
- Conjunctivitis after application of kajal (eyeliner)
- Fluent coryza neither better by cold application nor better by hot application
- Cannot tolerate any food which contains water
- Indigestion due to worries
- Anxiety, tension, mental trauma due to diabetes mellitus

GYMNOCLADUS CANADENSIS

Keynotes:

Swelling and redness + one-sided discolored tongue are the keynotes of this remedy. The face symptoms are very characteristic:

- Pain under brows and into nose
- Outpushing in eyes, wants to rub the eyes
- Crawling on left face

From N.M. Choudhuri:

> *Dr. C. T. Bingham cured a case of persistent headache, located in the front part of the head, specially under eye-brows and upper part of the nose with* Gymnocladus, *being guided by the tongue of the patient which was distinctly bluish-white in color. It is also a good remedy for sore throat which is characterized by the dark livid redness of the fauces and tonsils. Over the eyes, the patient experiences a peculiar sensation as of flies crawling over it.*

HAEMATOXYLON CAMPECHIANUM

Keynotes:

This is one of the remedies in our materia medica that has helped in acute situations. The sense of constriction is characteristic. There is a sensation as if a bar lay across the chest. Angina pectoris is a clinical indication for this remedy. This patient is chilly and wants open air. They have gas in the abdomen too.

In acute chest pains, my appeal to all homeopaths is to first get the patient diagnosed and take them to nearest cardiologist. *Haematoxylon* can control the recurrent chest pains in patients.

HAMAMELIS MACROPHYLLA

Keynotes:

Pain with venous pathology + *Staph*-like mind + hemorrhages, are the keynotes on which I prescribe this remedy. It is used especially after operations as well. This patient wants respect shown to him and feels like he deserves it (ddx. *Staphysagria*).

One keynote on which I have seen great results is:

- Hemorrhages:anxiety, with no

Other indications include:

- Eyes red (ddx. keynote of *Hyos*)
- Non-coagulative blood, dark in colour
- Piles bleeding, with pain
- Pain aggravated from movement and pressure
- In intraocular hemorrhage it has often done wonders
- Uterine hemorrhage with pain in abdomen
- Hot patient
- In orchitis, testes tender, aggravated by touch and pressure
- I am using this remedy in tumors with vascular origin
- Dark, clotted hemorrhage with pain in the umbilicus and backache is the main indication for this remedy

HEDEOMA PULEGIOIDES

Keynotes:

This remedy is called the menstrual regulator. The keynote on which this remedy is prescribed is bearing-down pains, worse by any movement and accompanied by almost paralytic weakness of the legs.

Other indications for this remedy include:

- Pain along ureter
- Uric acid diathesis - history of urinary stones
- Amenorrhea
- Tongue white
- Frequent urging for urination
- Cannot retain urine for more than few minutes, better by urination
- Bearing down symptoms, leucorrhea itching and burning
- Tendo achilles affection
- Thumb joint is painful

HEKLA LAVA

Keynotes:

The indications for this remedy are as follows:

- Bone tumors
- Osteosarcoma neuralgia is the concomitant

- *Gels*-like mind – very anxious, shy, anticipation, chilly
- Especially aggravated in the areas of the jaw, dental and fingers
- On examination, these growths can be sensitive to touch

HELIANTHUS ANNUUS

Keynotes:

The keynotes of this remedy are repeated malaria + splenomegaly. Also in this remedy we see joint pains in the knee, which is worse descending the stairs (there are no problems in ascending the stairs). This patient will be chilly and obese.

HELIX TOSTA

Keynotes:

The keynotes of this remedy are hemorrhages from coughing especially if there is a family history of TB. *Helix tosta* is useful in tubercular cases with hemorrhage. The cough is with blood spitting and continuous hoarseness. The cough is at night and prevents sleep. Another keynote is the dyspnea is aggravated from ascending stairs.

HELLEBORUS

Keynotes:

In cases where there is a quarrel after some family or business issue, the patients have stopped talking to people and lock themselves in a room, and have become dull – think of this remedy. These patients often develop pathologies like renal failures or brain tumors. Usually, the relatives of the patients bring them to me. I have observed a staring, thoughtless look, lack lustre in the eyes, frowning, and boring of the nose. There is also edema all over the body.

The following are the main observations you will see in the *Helleborus* patient:

- Staring: questioning her, at one, or at one spot, or at her surroundings, in a strange, stupid manner
- Staring: thoughtless.
- Rolling head from side to side
- Pupils dilated
- Involuntary stools
- Frowning

Even the arms will be moving in an involuntary way:

- Arms: motion: continually, automatically, except when asleep.
- Arms: motion: throwing or whirling about of arm.
- Arms: twitching: right, in, frequent.

Another observation is a history of skin eruptions, or affections of the hands and between the fingers:

- Fingers: boring: joints, in
- Fingers: coldness
- Fingers: contraction: clenched thumbs.
- Fingers: eruption: vesicles, painless between, humid.
- Beating the head with hands

There is also a large element of indifference – these patients develop an extreme dependency on their caretakers - they do not have any desires, and thus, become indifferent:

- Indifference, apathy: desires, has no, no action of the will
- Indifference, apathy: everything, to.

Finally, these patients do not want to be disturbed, they often get angry and scream:

- Anger: excited easily: consolation aggravates, does not want to be disturbed.
- Anger: excited easily: after being kindly spoken to.
- Swelling: body, and, pitting upon pressure, after thirty-six hours.
- Swelling: oedematous

HELONIAS DIOICA

Keynotes:

Often in cases of myalgias that come with extreme fatigue, burning, pain, and debility, we give acids or remedies like *Kali phos*. However, if the patient says 'I feel better when I am doing something, when I am not doing something all my complaints I feel are aggravated', think about this remedy. The main keynotes of this remedy are diabetes + sleeplessness + restlessness + thirst + *Sulphur*-like mind (dictatorial, egoistic, fault finding, contradiction aggravates).

Some very peculiar backache symptoms of this remedy include:

- Pain: aching, dull, constant.
- Pain: heaviness, dragging, weight.

- Pain: lancinating, drawing, tearing: extends down thighs, legs.
- Pain: amelioration: motion, walking.

I have seen it especially useful in large, pendulous women who have borne many children. Many patients who I have given Sepia to (for female complaints) later needed this remedy. The characteristics of female problems include leucorrhea that is itching, offensive, staining, aggravated by motion, for old women with backache.

This remedy, along with *Piper methysticum* are the remedies I often use for sleeplessness, but only when the following concomitant symptoms are present:

- Exteremely restless
- Exteremely exhausted
- High blood sugar – diabetes
- Wants to be alone
- Main keynote is that these patients want to be occupied all the time, they want to keep doing some thing or other
- Drowsy
- Can have a huge ego like *SULPHUR*
- In female diseases, there are profuse hemorrhages and abortions one after another

HEPAR SULPHURIS CALCAREUM

Keynotes:

This remedy is often seen in clinical practice as one of the routine prescriptions. It is for patients who are chilly, slow, dull, they want to eat all the time, continuously blowing the nose, who are sweaty and offensive, talk very quick, and have *Nux vomica* anger. Along with this, there is a tendency to suppurations, recurrent cough, coryzas and colds.

- Coryza: fetid: thin, continual necessity to blow
- Coryza: fluent: febrile, if it gets dry, especially with scrofulous and rachitic children
- Coryza: influenza, in
- Coryza: purulent
- Coryza: smell: loss of
- Coryza: taste: loss of
- Coryza: thick

- Coryza: thick: taste, with loss of smell and
- Coryza: yellow: sticky matter drops from nostril
- Eruptions: scurfy in right, half extends down on lip, with a deep fissure, sore and sensitive to touch
- Itching: sneezing, causes
- Pain: mercury, in bony part, violent, after abuse of, better in dry weather, worse at approach of rain, or in changeable weather
- Pain: drawing: eyes, passing into, becoming smarting
- Rawness: feeling, inside of, on blowing
- Scabs: scurfs, and
- Smell: diminished
- Sneezing: cough, after
- Sneezing: nose, caused by itching in
- Stopped: annoying

The following concomitants come along with the cough:

- During: chest: dullness
- During: chest: pain in top
- During: chill
- Dry: first, at, finally with serous expectoration containing small flocculi, before midnight and in morning
- Dry: hoarse, violent, causes starting from sleep, causing retching
- Dry: inspiration, worse on deep, or speaking any length of time
- Eating: cold things

HIPPOZAENIUM

Keynotes:

This remedy is like a chronic *Silica.* There are recurrent infections and foul infections which do not heal. The infections are especially in the nose, lungs and lymph nodes. Also difficult cases of diabetic foot with infections can be treated with this remedy. There is a famous keynote of Master Hering's, which I use for this remedy - Abscesses become extremely hard and painful and then gradually change to doughy consistency.

Other indications for this remedy include:

- History of tuberculosis
- Nodules, abcesses, pustules
- Asthma like *Antim tart*
- Open breast cancer with massive destruction

HISTAMINE

Keynotes:

'Hurry + allergies' is the main keynote of the remedy *Histamine.* It has urticaria like eruptions and *Apis*-like itching which is better by cold washing. Also, in other allergic disorders it is a complementary remedy to *Thyroidinum.*

HOMARUS GAMMARUS

Keynotes:

The keynotes of this remedy are acidity + recurrent throat complaints + temporal headache + headache like *Bryonia.*

Other indications for this remedy include:

- > Eating
- < Milk
- < After sleep
- Chilly
- Craving or aversion to fish
- Hurried to go to pass stools on waking and better from the passage of flatus, the necessity to pass flatus awakens one at night

HURA BRASILIENSIS

Keynotes:

The keynotes of this remedy are depression like *Ignatia* + osteoarthritis.This is one of the main remedies for stiffness and cracking of joints especially in osteoarthritis. This remedy has ailments from grief, diabetic ulcers, sinusitis after acute coryza, and goitre of puberty and pregnancy. This remedy is comparable to *Hydrastis.*

The main keynote rubrics of *Hura* from Kent's Repertory are:

- Cracking: knee
- Cracking: knee: ascending stairs
- Cracking: knee: descending stairs

- Cracking: knee: walking, while
- One leg warm, another cold + < afternoon +hot patient +extremely affectionate
- Severe pain with spasm in rectum
- Osteoarthritis of the knee + cracking knee + aggravated by going upstairs and downstairs
- Itching rectum + mental trauma < walking
- Delusion friends are leaving – this remedy has a very forsaken feeling, and also feels that everyone is leaving them
- Thick skin, very hard almost like bone

HYDRANGEA ARBORESCENS

Keynotes:

Staphysagria-like patient + renal pathology + stones, are the keynotes of this remedy. Often the most angry patients who need *Staphysagria* are better by this remedy.

Other indications for this remedy include:

- Calculi
- Extreme thirst
- Burning of urethra while urination
- Left sided
- Prostate enlargement
- Pain in loins
- Feels giddy

HYDRASTIS CANADENSIS

Keynotes:

The keynotes of this remedy include gastric malignancy + increased hunger.

HYDROCOTYLE ASIATICA

Keynotes:

This is one of the forgotten remedies in our materia medica. It is an Indian remedy used for thick skin eruptions. In my experience, this remedy is the main one to be given after a stroke where there is difficulty in talking and hearing. *Hydrocotyle asiatica* is said to be a brain-strengthening remedy.

Other clinical indications include:

- Psoriasis
- Malnutrition
- Profuse and offensive perspiration
- Delayed speech, (affection on vocal cord)
- Offensive smell from nasal discharge from the very 1st day
- Stomatitis
- Gingivitis
- Irregular menses in lean thin women.
- Constipation contraindicates this remedy

This remedy is very good clinically in cases of acne, eczema, pemphigus, lupus, copper - coloured eruptions, papular eruptions on the face, and unbearable itching in various places.

Pathological general symptoms include:

- Intestinal inflammation and cellular proliferation, hypertrophy and induration of connective tissue.

Ulceration of the womb.

HYDROCYANICUM ACIDUM

Keynotes:

Convulsions + cyanosis + *Carbo veg*-like state + drowsiness (ddx. *Opium*), are the keynotes of this remedy. When you are going to see a patient as a home visit and you see their eyes are half open, there is difficulty in breathing, cold skin and moaning, there is history of cardiac complaints, and pulse is slow, you think of giving *Carbo veg* or *Digitalis.* Try to give this remedy. It is just like *Carbo veg,* and it covers all of the pathologies as well. There is a history of convulsions, blueness and cyanosis. The fears are like *Stramonium,* these patients are very scared of things and startle easily. When you check the pupils, they are dilated.

ICHTHYOLUM

Keynotes:

In this remedy, there must be a family history of TB. Other indications for this remedy include rheumatoid arthritis, urticaria, coughing with profuse expectoration, burning soles and palms.

Other indications include:

- Action on skin, mucous membranes and kidneys
- Antiparasitic
- Redness, pain and inflammation
- Excellent in winter cough of old people
- Polyarthritis
- Chronic rheumatism
- Uric acid diathesis
- Hay fever, hives, urticarial eruptions
- Chronic hives
- Tuberculosis
- Tubercular past history with alcoholism
- Alcoholism when nothing will stay in the stomach

IGNATIA AMARA

Keynotes:

Silent grief is the keynote of this remedy. I have often seen in clinical practice when there are no characteristic symptoms at the present time, yet still there is pathology, go to the past history and asked what happened. The patient will give a huge sigh and will not talk much at all. The relatives will say there was a lot of grief in the past history and the patient doesn't talk much or doesn't cry much. At that point, think about *Ignatia.* Also I am seeing in clinical practice there is a history of choking especially at night time.

In clinical practice – *Carcinosin* and *Ignatia* are often seen as complementary remedies.

Other keynotes on which I prescribe this remedy:

- Stitching up the rectum
- Pain in spots
- Bites inside of cheeks
- Menses – blackish in colour
- Flatulence < empty stomach
- Sighing
- Bearing down + loose stools
- Chilly not better even by warmth during malaria

- Cough - bed, in: changing position: amel
- Respiration –Irregular: one time slow, at another time hurried
- Dreams: things: fixed upon the same things, dreams
- Dreams: unsuccessful efforts to: do various things
- Cough <attention
- Appetite: diminished: eating, when time for
- Appetite: ravenous, canine, excessive: sleep, prevents
- Coughing ending in perspiration

INDIUM METALLICUM

Keynotes:

This remedy is *Selenium*-like, with debility and premature ejaculations, the overall power is gone, and the patient is old looking with constipation. Sexual psychopathy is the keynote of this remedy. Headache during stool is another keynote.

IODOFORM

Keynotes:

Tuberculosis of the brain or abdomen is the keynote of this remedy. *Iodoform* is often used in brain tumors with good results, when rest of the remedy matches.

Other indications include:

- History of ringworm
- Craving meat
- Recurrent colds
- Chronic loose stools
- Pupils are dilated, do not react
- Concomitant – difficulty in breathing
- Feels happy and elated but the head feels heavy as if one could not lift it from the pillow, the eyes sensitive to light (*Keynotes from Pulford*)

***Iodoform* poisoning can be used as a clinical indication of this remedy:**

A frequent symptom, however, in a case of *Iodoform* poisoning is somnolence followed by stupor with other symptoms, resembling meningitis such as contracted motionless pupils, restlessness, exceedingly rapid pulse, muscular twitchings and delusion of persecutions and suicidal tendency. Death occurs generally from paralysis of the heart. From this it can be easily judged that it would be an important remedy in the treatment of tubercular meningitis and other tubercular conditions. The symptoms are sharp neuralgic pain in the head, a sensation of heaviness in the head as if it could not be lifted from pillow, sleep interrupted by sighs and cries, drowsiness, distension of abdomen, swelling of the mesenteric glands, chronic diarrhea with greenish watery undigested stools and weakness of the knees and the legs (N.M. Choudhuri).

IRIS TENAX

Keynotes:

In chronic appendicitis + dry mouth + homesickness, think about this forgotten remedy.

IRIS VERSICOLOR

Keynotes:

Burning and acidity in the abdomen + *Belladonna*-like dreams + sick headaches + increased saliva + constipation + vomiting sour + warts + *Kali bi*-like discharges are the keynotes of this remedy. Psoriasis with gastric acidity is also one of the keynotes of this remedy.

Other indications include:

- Headaches just like *Sanguinaria* – with vison problems, periodical
- Vomiting is the concomitant of the remedy
- Discharges – sticky
- Left sided sciatica – especially pain in popliteal region
- I have often used it in herpes – after neuralgias
- *Rhus tox*-like joint pains > motion

Dreams (ddx. *Belladonna*):

- Dreams: snakes
- Dreams: dead: bodies
- Dreams: dead: bodies: dissecting
- Dreams: dead: people, of
- Dreams: fights
- Dreams: fire
- Dreams: frightful

- Dreams: graves
- Dreams: graves: falling into a grave, waking her
- Dreams: nightmare

JATROPHA CURCAS

Keynotes:

The keynotes of this remedy are sudden loose stools + anxiety like *Arsenic alb* + loud noise in abdomen. There is also a history of suppressed measles or chickenpox, extreme cramps in the body, vomiting is easy and coldness of the body.

JUGLANS CINEREA

Keynotes:

This is one of the main remedies for hepato-insufficiency. There is also cholelithiasis and biliary lithiasis, sensitive liver and gastric distension. Another indication is occipital headaches. *Juglans cinerea* is used in persons suffering from insufficient liver who have headache near the neck and occiput accompanied by liver troubles and sometimes pain in the right shoulder, like that of *Chelidonium.*

If the patient has gall stones + headaches + neck stiffness like *Rhus tox,* think of this remedy. Large gallstones are considerably helped by this remedy. This patient will be hot and will have skin symptoms (ddx. *Sulphur*).

One of my patients who I had given *Juglans cinerea* for gall stones came and gave me an egg-sized stone and said that it came out in their stools.

JUGLANS REGIA

Keynotes:

Recurrent suppuration + gallstones + acne are the keynotes of this remedy. This remedy has an affinity for the axillary lymph nodes.

Other indications include:

- Menses – dark staining
- Skin symptoms are more – with itching aggravated at night and undressing

KALI BICHROMICUM

Keynotes:

Kali bichromicum does not only have the keynote of stringy discharges. There are many other keynotes I use in practice:

- History of cement exposure - working in cement
- Tongue - mapped especially with dysentery
- Eyebrow - headache
- Fat people
- One sided - headache
- Gastric ulcers and gastric symptoms - as concomitants
- Short neck
- Shifting pains
- Sun aggravates
- Left sided sciatica > motion
- Cracking of joints - specific in osteoarthritis
- Corneal ulcer - with no pain (ddx. with extreme pain - Conium)
- Prolapse uterus < hot weather
- After urination >

Further, I have seen whenever there is a pathology in the coccyx, the first remedy I think of is this one:

- Pain: general: coccyx: morning on waking
- Pain: general: coccyx: coition, during
- Pain: general: coccyx: motion: on
- Pain: general: coccyx: pressure
- Pain: general: coccyx: rising from a seat
- Pain: general: coccyx: sitting: while
- Pain: general: coccyx: touched, when
- Pain: general: coccyx: urination: before
- Pain: general: coccyx: walking, while
- Pain:general: coccyx: extending: urethra, to, before urination

KALI BROMATUM

Keynotes:

The keynotes of this remedy are acne + better when occupied + drowsiness + restless + fears like *Stram* + paralysis (neurological symptoms) + psoriasis. Very often you will think this patient is like *Bufo* – his memory is bad, he cannot remember anything, and has increased sexual desire. This remedy is often useful in cancers – especially of female generative organs. I have used in cases of PCOD with the above keynotes to great success.

When you see patients who are depressed and sad due to what they have done in life, and are sleepless with a grave pathology, I often think of this rubric from Knerr's Repertory:

- Depressed: delusion, with painful, sleeplessness and dread of impending destruction of all near her.

KALI FERROCYANATUM

Keynotes:

This is one of the most useful remedies in

- Menses: frequent, too early, too soon
- Menses: profuse
- Metrorrhagia
- Metrorrhagia: painless
- Metrorrhagia: passive

KALMIA LATIFOLIA

Keynotes:

The keynotes of this remedy are numbness + radiating all over the body, especially the arms. Also, what is confirmed for this remedy is the concomitant of a slow pulse. Other clinical symptoms include mitral regurgitation + radiating pain + aggravation from the rising sun and midday + pain with numbness.

LATRODECTUS MACTANS

Keynotes:

This is one of the main remedies in our materia medica with acute chest pain. It must be mentioned that diagnosis in cases like this are of utmost importance. Also, there is extreme apnea, where respiration is only occasional, and there is much gasping. The symptoms in the chest include violent, precordial pains, which are extending to the axilla and down left arm to fingers with numbness. Later, the arm is almost paralyzed. The pulse is 130 and so frequent that it could not be counted. It is also very feeble, where it could scarcely be felt. This remedy is also known for screaming. In acute conditions, the patient often screams with the pain and fears death.

LAUROCERASUS OFFICINALIS

Keynotes:

The keynotes of this remedy are cardiac pathology + dry tickling cough + worse from sitting up + sleepiness. The following are other clinical indications for using this remedy in practice:

- Gasping for breath
- Spasms of face
- Clubbing of fingers
- Congenital heart disease
- Blue and cold
- *Carbo veg* + cardiac pathology
- Coma patients + cardiac pathology

The *Laurocerasus* patient gets out of breath from slight exercise, such as running, climbing steps, walking etc. The least exercise brings on gasping.

LILIUM TIGRINUM

Keynotes:

When there is a patient who is very anxious and scared, he is thinking and asking 'Why and what is happening to me?', there is extreme anxiety about health even if you are treating them nicely, and they are not appreciative of what you are doing – we think of the remedy *Arsenic alb.* However, I have often seen these patients to be like the remedy *Lilium tig.*

Other indications for this remedy include:

- Extreme meat craving
- Intolerance for milk
- Hurry
- Fruitless urging for stools
- Hungry
- Menses flow when walking
- Loose stool in morning
- Cannot walk on uneven ground
- Restless feet like *Medorrhinum*
- Left sided remedy

- Heat of hands and feet
- Can only lie on the back, is worse lying on either side, is irritable when spoken to, and like *Natrum mur,* worse consolation; it is impossible to please one
- Restores power in ciliary muscles
- Aggravated by a crowd
- Black clotted menses
- Uterine malpositions
- Highly sexual

LITHIUM CARBONICUM

Keynotes:

The keynote of this remedy is finger pain that is better by hard pressure. Another keynote is rheumatism which is better by a warm bath.

LOBELIA ERINUS

Keynotes:

The keynote of this remedy is violent cork-screw-like pains in the abdomen. Also, another indication is malignant growths with extremely rapid development; colloid cancer of the omentum; great dryness of skin, nasal and buccal mucous membranes; distaste for brandy; dry, eczematous patches covering points of first fingers. Malignant disease of the face and epithelioma. Malignancy of Breast. Pain, burn and sting, indurated discharging nodules with axillary tenderness.

LYCOPUS VIRGINICUS

Keynotes:

Chilliness during menopause, palpitations and thyrotoxicosis are the main keynotes of this remedy. You get indications for *Lycopus* in a case in which the heart is just starting to fail; it is beginning to dilate a little, and the pulse is tending to become a little irregular. The patients are pale rather than cyanotic, and are always restless. The outstanding symptom of the *Lycopus* case is that the patients complain of a horrible tumultuous sensation in the cardiac region. They very often tell you it feels as if their heart had suddenly run away and was just going mad. This is accompanied by a feeling of intense throbbing extending up into the neck and right into the head. The other *Lycopus* symptom accompanying this in the chest, is a very marked tendency to cough. It feels as if the heart just runs away, it sets up an acute irritation and they cough. Another *Lycopus* distinguishing symptom is that the distress is vastly increased by turning over on the right side - a contrast to the snake poisons, which are worse turning over on the left side. Lastly, these *Lycopus* patients have an intense dislike for any food, and particularly have a desire to smell the food.

MANCINELLA VENENATA

Keynotes:

In this remedy, the keynote is neck pain that is better by bending backwards. Another important characteristic of this remedy is the spasmodic affection of the oesophagus. This keynote of neck pain that is better by bending backwards can also be found in the remedies *Lyssinum* and *Cyclamen.*

MAGNESIUM FLUORATUM

Keynotes:

The keynotes of this remedy are *Magnesium*-like mind + *Calcarea fluor*-like rheumatism. This is apparently the orphan remedy. Other indications include the patient is hot, there are pains in the spine and deformities of the spine.

MANDRAGORA OFFICINARUM

Keynotes:

The keynotes of this remedy are insomnia + dizziness + *Belladonna* fears.

Other indications include:

- Cannot sleep at night
- Chilly
- Craving for tomato, potato and tobacco
- <3-5 am, approach of thunderstorm, affects right to left
- >By continued motion, burning pains, by diarrhea
- Palpitation during eating
- Lumbago > urination
- Vertigo <lying down, motion
- Vertigo always of emotional origin
- Expulsion of dead fetus – *Mandragora* and *Aristolochia clematitis*
- Headache in empty stomach, cold hands and feet.

- Intolerance of fatty food
- Diarrhea after fatty food
- Pain in right side of the abdomen – right shoulder

MERCURIUS BINIODATUS CUM KALI IODATUM

Keynotes:

This is one of the main cancer remedies in our materia medica. Specifically, it can be used in tumor of the bones with Hodgkin's lymphoma spread all over the body. There is a tubercular history and often I have seen the mind symptoms to be similar to *Staphysagria.*

MILLEFOLIUM

Keynotes:

The main keynotes of this remedy are profuse menstruation + perceptible pulse, mild feeble pulse, non-bounding pulse + clean tongue. Another important symptom is the development of tuberculosis following an injury. The key modality of this remedy is the time aggravation from 4-8 pm.

MUIRA PUAMA

Keynotes:

This is a rare remedy but one of the main remedies used for erectile problems and low sex drive. Clinically, it is one of the most used remedies in practice that has excellent results when remedies like *Agnus castus* and *Selenium* fail.

On studying the extract:

Historically all parts of *Muira puama* have been used medicinally, but typically it is the bark and root which are harvested and used both traditionally and in herbal products.

The root and bark are used for a variety of ailments by indigenous people in the Rio Negro area of South America, but the effectiveness of *Muira puama* preparations are unproven. However, in a 1990 study conducted by Jacques Waynsberg at the Institute of Sexology in Paris, 62% of men who took *Muira puama* extract noted an increase in sex drive and 51% of participants reported an increased ability to produce an erection.

For its tonic effect, one of the traditional remedies is to gently simmer 1 teaspoon of root and/ or bark in one cup of water for 15 minutes and take 1/2 - 1 cup daily.

There is evidence that *Muira puama* is anxiogenic in rodents (causes anxiety), which would be consistent with a stimulant effect, without affecting coordination. However, rather than increasing the activity of excitatory neurotransmitter, it decreases the activity of an inhibitory transmitter, GABA.

MUSTARD GAS

Keynotes:

Mustard gas was first used in world war one, and is known for acute pulmonary edema and chronic left ventricular failure.

NAJA TRIPUDIANS

Keynotes:

I have learned the keynotes of this remedy from the writings of Burnett:

> *"In all these cases indicating the snake poison there is a rather purplish bloated appearance. They all suffer from a feeling of tightness or constriction in the chest, more commonly in the upper part of the chest and they are all intolerant of any weight or pressure of the bedclothes, or any tight clothing round the upper part of the chest or the neck. All are sensitive to heat; they feel hot and they dislike a hot stuffy room. They all have a marked aggravation after sleep. They get acute suffocative attacks when they fall asleep, and they wake up in increased distress.*
>
> *All these snake poison patients in their cardiac distresses have a marked aggravation from being turned over on the left side. All of them have a very marked tremor, their hands are shaky. And most of them, as they tend to get worse, become mentally fogged, confused, and very often they tend to become difficult and suspicious. If there were nothing more than that one would give them* Lachesis. *But in a certain number of these cases there are rather acute stitching pains which goes right through the chest from the precordium to the region of the scapula, associated with very marked numbness, particularly in the left arm and hand. And where that numbness is pronounced one tends to give* Naja *in preference to* Lachesis.
>
> *If the pain, stitching pain, is more marked, one tends to give* Naja. *If the feeling of constriction is more marked, one tends to give* Lachesis. *But their general symptoms are identical. I think possibly* Naja *is a little less red, less bloated looking, a little paler than* Lachesis, *but that is not very striking.*

> *To my mind the choice of one of the other snake poisons as distinct from* Lachesis *and* Naja *in such cases is always governed by the general symptom picture rather than by the purely cardiac picture. For example, one may require* Crotalus horridus *in a case of failing heart associated with acute sepsis, but one would be guided to the choice by the septic state rather than by the cardiac symptoms per se."*

NATRUM ARSENICOSUM

Keynotes:

This is one of the key remedies for influenza. It is a remedy for nasal catarrh, with headache, pain at root of nose, dry and painful eyes.

Other indications include:

- Psoriasis - with restlessness of *Arsenic alb*
- Facilitates the termination of the cold and conserves strength and appetite
- Sleeping sickness; drowsy, like *Gelsemium*
- Commencing optic atrophy
- Craving for salt and constipation
- *Arsenic alb*-like asthma

NATRUM CACODYLATE

Keynotes:

The keynotes of this remedy are malignant growths + cancer + *Natrum*-like symptoms + *Tuberculinum*-like symptoms. It has the power to increase number of red blood corpuscles to double.

NATRUM HYPOCHLOROSUM

Keynotes:

The keynotes of this remedy are *Natrum*-like constitution + uterine pathology.

Other indcations include:

- In congested and atonic states of the uterus and its ligaments, with hepatic disorders.
- Uterine pathologies - prolapse , fibroids

- Violent metrorrhagia
- Leucorrhea and backache
- Passive, bearing-down from heavy condition of uterus
- Womb is heavy, sodden, with tendency to prolapse
- Subinvolution

NATRUM IODATUM

Keynotes:

The keynotes of this remedy are *Natrum*-like constitution + hot patient + vascular disease + rheumatism.

Other indications include:

- Incipient rheumatic endocarditis
- Chronic bronchitis
- Rheumatism
- Chronic catarrhal affections, arteriosclerosis

NATRUM NITRICUM

Keynotes:

The keynotes of this remedy are *Natrum*-like constitution + hemorrhages. There is pain after influenza, palpitations which are better by eructations (ddx. *Carbo veg*), an inward sensation (ddx. *Plumbum*), and hemorrhage.

Other indications include:

- Hemoptysis
- Hematuria
- Purpura hemorrhagica
- Hemorrhagic variola
- Drowsiness
- Pains of tabes (neurological lesions)
- INFLUENZA
- Hemorrhages from mucous membranes, particularly nasal
- Hemoglobinuria

NATRUM SULPHURICUM

Keynotes:

This is one of the most under-prescribed remedies in our materia medica and I use it very often with gratifying results. Hydrogenoid constitution is the keynote of this remedy.

There are a few confirmatory symptoms to observe in *Natrum sulph* patients:

- More flatulence than stools in the early morning, especially noisy flatus
- Early morning diarrhea when he gets up
- Craves cold drinks
- < Damp weather
- Cannot eat fish, fruits, juicy vegetables like tomatoes
- < Tight clothing
- Sudden violent effects
- Concomitant nausea
- Itching between toes
- Thick yellow tongue at the base
- Dreams of water in which he is drowning
- > Change in position (complementary of *Ars*)
- < After breakfast
- < Lying on left side
- Must hold chest while coughing
- *Bryonia*-like cough
- Colic > rubbing
- > Passing stools
- Main action on asthma and bile ducts – so it is one of the frequently used remedy for gall stones

NICCOLUM METALICUM

Keynotes:

This is a remedy for periodical nervous headaches; with asthenopia, weak digestion, constipation; of debilitated literary persons. These patients must sit up and hold the head with their hands, or has to put their arms on their thighs when they are coughing. The important modalities of this remedy are worse during the night, even during headache.

NITRI SPIRITUS DULCIS

Keynotes:

The keynotes of this remedy are *Phos-acid* like fever + brain affections + extremely chilly + cannot tolerate wind.

Other indications include:

- Prosopalgia, from taking cold during stormy weather, on both sides
- Photophobia
- Burning heat in the cheeks, especially worse eating, worse least mental disturbance

NYCTANTHES ARBOR-TRISTIS

Keynotes:

This is an Indian drug used for fever that resembles *Rhus tox*. The patient is aggravated by damp weather, there is stiffness and body ache, and restlessness. Compared to *Rhus tox,* there are more specific influenza like symptoms.

Other clinical indications include:

- Hoarseness after over use of voice, singing
- Obese persons (Hypothyroidism)
- Burning pain > external cold application
- Obstinate sciatica < night (*Syph, Kali iod*)
- Constipation is a very important concomitant

It is impossible to practice without this remedy if one is in a place where it rains a lot.

OLEUM JECORIS ASELLI

Keynotes:

Tuberculinum-like + rheumatism + dry cough are the keynotes of this remedy. Other clinical indications include:

- Psoric
- History of TB
- Tendency to take cold
- Lean and thin
- Cannot tolerate covering
- Hot patient

- Hyperthyroidism
- Emaciation
- Stiffness of neck
- Perspiration mostly over the limbs
- Juvenile rheumatoid arthritis

OPIUM

Keynotes:

This remedy is especially used if you see a patient who is just lying in bed. The keynote from Master Boger's Synoptic Key of *Opium* is these patients are 'do nothing' cases. There is a negative, torpid state, there is an absence of pain stimuli, absence of light reflexes, absence of discharges (urine, stool).

Often in these cases, I will ask the patient how they are? The patient would respond that he is happy and fine, he sees people around, but he feels disoriented and is having a lot of hallucinations. In sleep the mouth is open and eyes remain half open. This remedy can be used in cases of coma where opening the eyes can be difficult as well.

The face may be bloated and the perspiration is warm, although on the forehead cold perspiration can be seen (ddx. *Veratrum alb*). There is twitching of lower lips and the chin, and the saliva is sticky, frothy, scanty and viscid. In *Opium* patients there is a lot of drowsiness, and waking aggravates a lot of their symptoms. The pupils are constricted and in some cases the pupils can be fixed and insensible to light. The pulse will be slow and below 60.

When you see all of these symptoms, my earnest appeal is to prescribe this remedy.

Other clinical indications:

- Constipation
- Desires – cold drinks
- There is no desire to urinate
- At times he has to press for long time before urinating
- Especially in cases of asthma – the difficulty in asthma is just so extreme that he has to open the mouth
- Uncovering in heat
- Intense heat with head and face hot
- Except for lower limbs, everything is hot
- Tongue paralysed , more towards right side

OSCILLOCOCCINUM

Keynotes:

This remedy is between *Gelsemium* and *Rhus-tox*. There is dullness, dizziness and drowsiness of *Gelsemium,* and the body ache, malaise, and better by warm drinks of *Rhus tox*. It does not have the modality better by motion like *Rhus tox*. With all of these indications, think of this remedy.

OXALIC ACIDUM

Keynotes:

The last of the drugs which I commonly think of for these collapsed conditions is *Oxalic acid.* It has one or two very outstanding symptoms which are of a great help in the selection of this drug.

The first is that the patient always complains of a feeling of the most intense exhaustion, very often associated with sensation of numbness. They frequently state that their legs and feet feel numb and paralysed, as if they had no legs at all.

The skin surface is just about as cold and clammy as it is in *Carbo veg,* but there is a peculiar mottled cyanosis in *Oxalic acid* which you do not get in the other drugs. The finger tips and finger nails and toe nails will be definitely cyanotic, but in addition there is a peculiar mottled appearance of the hands and feet which is quite distinctive of *Oxalic acid.* There is a somewhat similar mottled, cyanotic appearance in the face, especially over the malar bones.

These patients, in contrast to the *Arsenic* type, want to keep absolutely still, and movement of any kind greatly increases their distress.

In addition to the general distress, most of these *Oxalic acid* patients complaint of very definite sharp precordial pains. These pains are not like the typical anginous stab, but more of a sharp pricking sort of pain which usually comes through from the back and may run up the left side of the sternum towards the clavicle, or down the left side of the sternum into the epigastrium.

The most startling cases giving this picture that I have seen have been in the critical stage of an influenzal pneumonia where the patient was just fading out, having lost all strength, and the heart failing rapidly. I think in all the patients of that type, that I have seen, have been basal pneumonias. I remember seeing two or three patients who apparently were doing quite well on *Natrum sulph* react beautifully to *Oxalic acid.* But one does get indications for its use in chronic cardiac cases as well.

OZONE

Keynotes:

The keynotes of this remedy are disc prolapse + desire to be alone.

PAEONIA OFFICINALIS

Keynotes:

The keynotes of this remedy are intolerable pain during and after stools and the oozing of a kind of moisture from the anus, leaving it constantly damp. There are also nightmares and dreams of terrifying nature in this remedy.

Piles, anus fissured, pain intolerable during and after stool is the main rubric of this remedy.

From Dr. Hering's writings:

> *"Dr. Hering reports of a case of ulceration of the rectum of 18 years standing that responded most marvellously to the action of* Paeonia. *This patient had been operated on several times, but in vain. His anus and its surroundings were purple and they were covered with thick crusts. On the verge and entrance of the rectum, there were several fissured ulcers with elevated and indurated edges. The pain was atrocious with and after each stool, preventing sleep. He had to walk nearly all night. There was constant oozing from the fissures."*

Pulford's indication on which I mainly prescribe Paeonia:

> *"Ulcers: below the coccyx; chronic, especially on parts below the navel; from pressure, as from bedsores or ill - fitting shoes; pains severe, shooting; obstinate, on jaw; on right instep blistering the foot; on the breast from unhealed abscess."*

Dreams:

- Dreams:anger, angry
- Dreams: anxious
- Dreams: death, of
- Dreams: death, of: relatives
- Dreams: figures
- Dreams: figures: sitting on chest
- Dreams: frightful
- Dreams: ghosts, spectres

PARIS QUADRIFOLIA

Keynotes:

The keynote of this remedy is swelling sensation in rheumatic conditions. This is one of the local remedies that I use in cervical spondylitis with pain radiating in the left arm. It is also often useful in ADHD children, where the main keynote is prattling loquacity. This remedy is good for women who tend to be loquacious with insomnia. There is a feeling that there is a string in the eye that goes towards the occiput, and the fingers feel numb.

PERTUSSINUM

Keynotes:

This remedy has a keynote of drug-induced diabetes with a history of recurrent cough. This remedy is especially useful in vaccine-induced diabetes.

POLYGONUM MULTIFLORUM

Keynotes:

The keynote of this remedy is history of spinal injury. This is one of the major remedies in ankylosing spondylitis, lumbar disc prolapses, especially lumbar pathology. I am using this remedy very often as an intercurrent, mainly it has the keynotes similar to a *Thuja* backache, where straightening aggravates, and aggravation from going from standing to sitting position. If we look at the doctrine of signatures and observe the roots of these plants we can see that they look like vertebra and joints. This remedy is especially useful in muscular and skeletal injuries, followed by bone spur formations in the spine. It is useful for repeated injury to the spine leading to spinal pathologies.

POPULUS CANDICANS AURORA

Keynotes:

This remedy has a remarkable power over acute colds, especially when the colds are accompanied by a deep, hoarse voice, or even aphonia. There is general insensibility of the surface of the abdomen and the back.

Other indications:

- Rubbing and pounding without pain
- >Warmth
- Finger-ends are thickened and horny
- Insensible to pricking and pinching
- Instantaneous voice producer (ddx. *Coca*)

- Face is ashy, pale
- Wild look
- Tongue and mouth is dry
- Throat dry, burning, constricted, felt as if spiders had spun webs in it
- Numbness is the back, radiating from spine
- Skin is harsh, dry and cold
- Stinging and burning of skin as if eruptions will appear or sweat will break out

PYROGENIUM

Keynotes:

This remedy has a strong affinity for influenzas. *Pyrogenium* influenza patients usually run a fairly high temperature. Typically, they are flushed, hot, sweaty and somewhat congested - looking. They very often complain of a sensation of burning heat and feel horribly oppressed by it.

Other indications include:

- History of recurrent infections
- Mind state like *Lachesis* (this patient is always talking)
- There is a disproportionate pulse
- Foul smell

One other similar remedy that I often think about and which I use clinically, is *Malaria officinalis*. Its indications are similar to that of *Pyrogenium,* except that there are more recurrent malarial infections in the past history. Another indication for *Malaria officinalis* that I have clinically confirmed is a craving for sour things and craving for milk.

QUERCUS GLANDIUM SPIRITUS

Keynotes:

This remedy is used for chronic spleen infections and spleen dropsy. It antidotes the effects of alcohol as well and takes away the craving for alcohol in alcoholic patients.

Other indications include:

- Vertigo
- Deafness, with noises in the head

- Dropsy and liver affections
- Gout
- Old malarial cases with flatulence
- Eliminative diarrhea and urine

I was treating a lot of cancer and cirrhosis patients. However, there was not much improvement and I felt there was a block. It reminded me of what Hahnemann said about miasms – but in this generation, I found the addictions, chemicals, and pollution, as a few factors which are complicating the disease. Where there is history of extreme alcohol drinking, even a history of piles, *Quercus* is the main remedy I begin with.

Another remedy I want to tell you about is Angelica. Dr. Hale would often use *Nitro muriatic acid.* What is interesting is that I stumbled upon this remedy *Quercus,* when I was reading the following case from Burnett's writings:

> "Quercus *is Homoeopathically Antidotal To The Ill Effects of Alcohol.*
>
> *Colonel X., aged 64, came under my observation on January 15, 1889, broken down with gout and chronic alcoholism, and pretty severe bronchitis. Heart's action irregular; liver and spleen both enlarged; and he complained bitterly of a gnawing in the pit of the stomach. His gait was unsteady and tottering, his hands quivered, and altogether he was in a sorry plight. The poor fellow had lost his wife, and had for a good while tried to rub along with the aid of a little Dutch courage, in the shape of nips of spirits, for which he was always craving. Severe windy spasms; no sugar, no albumen.*
>
> *Rx* Spiritus glandium quercus *Q, 10 drops in water, three times a day.*
>
> *January 22. - On this day - a week from his first visit - he walked briskly into my consulting room, and brightly exclaimed, "Well, I think you have worked a miracle", and the curious thing was that his craving for spirits was notably less, he having consumed only one - third of a bottle of whisky in the week, instead of two bottles, which was his usual allowance. The windy spasms had ceased, and his foul breath had become sweet; and finally, his spleen had gone down in size very notably. To leave off the* Quercus, *February 5th - So little craving for whisky that he offers to leave it off; much less phlegm in chest; no spasms; altogether quite a different man, but is depressed."*

RATANHIA PERUVIANA

Keynotes:

Ratanhia is an excellent remedy for fissure of the anus, and is useful when there is constriction of the anus. Stools are forced with great effort and the anus aches and burns for hours after stools. One more clinical confirmation is pterygium, *Ratanhia* can be a major remedy for ophthalmic diseases or eye disorders.

RHUS AROMATICUS

Keynotes:

The keynotes of this remedy include diabetes with profuse, clammy perspiration, along with high blood pressure. Also, these patients have depression.

RUMEX CRISPUS

Keynotes:

The keynotes of this remedy are chilly + *Tuberculinum*-like + early morning diarrhea + *Rhus tox*-like joints.

I have seen *Rumex* cases where the main keynote would be *Tuberculinum*-like craving for meat, yellow teeth, thin, appetite increased, hairy and the stools would be in the early morning.

Additional keynotes include:

- < Meat
- Allergic constitution
- < Evening
- Acne especially on back
- Suddenly sleepy
- Ravenous appetite
- Stringy mucus like *Kali bichromicum*
- Even cancers - especially when lymphatics are enlarged
- Joint pains like *Rhus tox*
- Asthma like *Kali carb* - < 2 a.m.
- Itching > warmth, undressing

SANGUISUGA OFFICINALIS (HIRUDO OFFICINALIS)

Keynotes:

This remedy can be used in any case of hemorrhages when there are no other symptoms available.

In clinical practice, often one sees patients where there is extreme hemorrhages, without any characteristic symptoms. If the flow is painless, it is *Millefolium,* if it is passive, it is *Hammemelis,* but sometimes, especially in cancer cases, there are no characteristics. Here is where I have had miraculous results with 2 remedies – *Hirudo officinalis* and *Tela arnea.* I learned this remedy mainly while going through Burnett's writings:

> *"I have used this remedy as the good old leech of glorious memory - for a number of years in some cases of hemorrhage, and at times with striking effect; at times it has failed me. I was first led to use it from perusing a short notice (the reference to which I have unfortunately mislaid) of some physiological experiments performed with it on the continent, from which it appeared the leech decomposes the blood in some way and causes hemorrhage, and hence I concluded that it is homoeopathic to hemorrhage whereof the cause lies in the blood itself rather than in the tissues through which the blood passes.*
>
> *And this would seem to explain why the bleeding from leech bites is often out of all proportion to the actual lesion in the continuity produced by the mechanical bite.*
>
> *I once saw a case of very nearly fatal bleeding from a few leech bites in the inflamed neck of a young man, and yet the lesions were quite insignificant. Whether the leech has ever been used as an internal remedy by anyone but myself I am not aware."*

SAUSSUREA LAPPA

Keynotes:

This remedy is one of the major Indian remedies that I use in practice for patients with a cough – a simple cough and even the cough of cancer patients. The main modality of the coughing is that the coughing is better by drinking water. This is the keynote of this remedy. Further, many acute situations can be helped due to this remedy.

Often, in clinical practice, we give *Causticum* to every patient who has a cough that is better by drinking water, and more often, it does not help. *Saussurea lappa* is very chilly and has a paroxysmal cough, like *Cuprum,* which is better by drinking water.

Other indications include:

- Offensive smell from the mouth
- Very chilly patient

- Flatulence
- Dyspnea
- Nausea
- Scanty urine
- Greedy for food, but cannot digest
- Even after purgative, patient does not get satisfactory stool
- Digestion issues + bronchiole asthma leading to heart complications
- COPD + indigestion
- Worse from the wet weather
- Useful in old age
- Better from rubbing
- Fat and lazy
- Forgets to urinate until asked
- Muscle cramps during laughing, yawning or weight lifting
- *Cuprum* + *Nux vomica* + *Naja* = *Saussurea*
- Cough of gastric origin, accompanied with indigestion – better by drinking water and vomiting (ddx. *Mezereum*)
- Rawness during cough (ddx. *Causticum*)

SCROPHULARIA NODOSA

Keynotes:

This is the main remedy that I am using as an intercurrent in Hodgkin's disease along with *Ars iod* and *Aconitum lycotonum.* There is a history of ringworm or skin eruptions. I also use it especially in cases of breast tumors.

Other keynotes include:

- Itching in hands
- Extreme drowsiness - in end stages
- Family history of TB
- Testicular cancer
- Asthmatic problems, has to sit up
- Aggravated from lying on right side
- Troubles as after much weeping

- Cannot stand, weakness like *Stannum* - cannot stand, has to sit, drops down
- Hard swellings like *Cistus*

SCUTELLARIA LATERIFLORA

Keynotes:

This is one of the main remedies I use for patients after cigarette smoking with cardiac complaints and twitching. This is also a good remedy to use when there is weakness remaining after influenza. These patients have a lot of nervous fear, like something will happen. Often when I am giving *Medo* I think about this remedy as well. These patients are very restless, there are many seminal emissions, and have a feeling that they will never get better. This remedy is similar to *Cypripedium.*

SEDUM ACRE

Keynotes:

The keynotes of this remedy are constricting pains in anus + fissures. There is an aggravation after passing stools. This remedy is to be thought of along with *Ratanhia peruviana.*

SEMPERVIVUM TECTORUM

Keynotes:

The keynotes of this remedy are hard tumors with bleeding of tongue. I have also used it in hard tumors of the breast. There are many *Thuja*-like symptoms as well. Patients are hairy, have warts and corns. This patient will bleed very easily and have stabbing pains.

SENEGA

Keynotes:

This remedy is a combination of *Antimonium tart* + *Kali bi.* The keynote of this remedy is that the cough often ends in a sneeze. There is rattling in the chest. The chest is oppressed on ascending.

Other indications for this remedy include:

- Bronchial catarrh, with sore chest walls
- Much mucus
- Sensation of oppression and weight on chest
- Difficult raising of tough, profuse mucus, in the aged

- Asthenic bronchitis of old people with chronic interstitial nephritis or chronic emphysema
- Old asthmatics with congestive attacks
- Exudations in pleurae
- Hydrothorax. (ddx. *Merc sulph*)
- Pressure on chest as though lungs were forced back to spine

SENNA

Keynotes:

I especially use this remedy in colic of children. This remedy is indicated in infantile colic when the abdomen is distended with gas; also in diarrhea when the stool is fluid and yellow, or greenish, and there is a 'never get done' sensation. Also, in renal patients with high creatinine levels, this remedy is well utilized.

This remedy has a never get done sensation. There is flatulence + colic and too much gas. It is a major remedy to think of in children's cases. There is also a white coated tongue.

SERUM ANGUILLAR ICHTHYOTOXIN

Keynotes:

The keynotes of this remedy are acute anuria, oliguria and albuminuria, in renal failure with high creatinine, without edema. This remedy is used when the heart is affected and it can be complimentary to *Plumbum.* If there is much dropsy, think about this remedy, then think about *Digitalis.*

SILPHIUM LACINIATUM

Keynotes:

This remedy is like *Kalium bichromicum.* There is catarrh + too much mucus + an aggravation from cold air. The asthma symptoms include rattling in the chest, stringy discharge, and a desire to hawk with constipation.

SOLANUM MALACOXYLON

Keynotes:

The keynotes of this remedy include improving the movement of bile and gall stones. The plant is available in Mexico and it causes decalcification for patients with calcification in tendons and osseous calcification. Also, if there is a history of hepatitis injection, this remedy is indicated.

SOLANUM NIGRUM

Keynotes:

This remedy is called the Black Nightshade. It is very similar in action to *Belladonna.* In delirium, there is stammering, piercing cries, convulsions alternating with coma, twitching, and desire to escape. Pains are throbbing and come and go very quickly. There is an aggravation from stooping and misstepping. The face appears congested and there is much anxiety, fright and terror. There is marked action on the skin, where it has a tendency to produce blackness. The affected parts become swollen and gradually become darker, until almost black.

Other indications include:

- Gangrenous conditions (ddx. *Lachesis*)
- Convulsions and spasms
- Varicose veins all over the body
- Sensitivity to cold air
- *Secale* + *Arsenicum* + *Lachesis*

When there is no indication in diabetes, start with this drug.

SOLIDAGO VIRGA AUREA

Keynotes:

This remedy is used in patients who have repeated colds of tuberculosis, along with a feeling of weakness. Another important indication is the affinity for the kidneys, and a marked sensitivity to pressure on the kidneys.

Other indications include:

- Inhalation of pollen causes hemorrhage from the lungs in phthisis
- Chilliness alternating with heat
- Naso-pharyngeal catarrh
- Burning in throat
- Pains in limbs and thoracic oppression
- Pain in kidney region with dysuria
- Bright's disease
- Albumin, blood and slime in urine
- Pain from kidneys extends forward to abdomen and bladder (ddx. *Berberis*)

- Clear and offensive urine
- Scanty, reddish brown, thick sediments, dysuria, gravel, difficult and scanty urine
- Blotches, especially on lower extremities with itching
- Exanthema of lower extremities with urinary disturbances, dropsy and threatened gangrene

SPARTIUM

Keynotes:

The keynotes of this remedy include malignant hypertension with cardiac dropsy. There are corns, stigmata and dropsical swellings + organic heart disease.

STAPHYLOCOCCINUM

Keynotes:

The keynotes in this remedy include a victimised feeling, the patient will often wonder what is happening to them, and wondering what is wrong with them. There is also scalding exfoliation and early morning uncontrolled diarrhea. The most important is the aggravation before menses.

STICTA PULMONARIA

Keynotes:

This remedy is used in rheumatism when there is swelling. The patient has heat, redness and shooting pain in the affected joint. The rheumatic, pains precede the catarrhal symptoms. Sweating and numbness also follows rheumatic complaints.

I often use Boericke's Repertory to study rubrics.

Rubrics of rheumatism in *Sticta:*

- General: rheumatism: articular, acute
- General: rheumatism: articular, acute: joints, large
- Shoulders, scapulae: pains: deltoid, rheumatism
- Knees: inflammation, acute with swelling
- Knees: pains: rheumatic
- Knees: pains: tearing
- Popliteal space: swelling,
- Joints: inflammation synovitis acute
- Joints: pains: soreness, tenderness

STILLINGIA SYLVATICA

Keynotes:

This remedy is known for its intercurrent use. There is chronic periosteal rheumatism, syphilitic and scrofulous affections. Respiratory symptoms are well marked. This remedy is similar to *Syphilinum.*

Other indications include:

- Torpor of lymphatics
- Torpid liver with jaundice and constipation
- Gloomy forebodings, depression
- Ulcers
- Chronic eruptions on hands and fingers
- Enlarged cervical glands
- Burning, itching legs, worse from air exposure
- Exostosis
- Scrofuloderma

STRONTIUM CARBONICUM

Keynotes:

The keynotes of this remedy are chronicity + arthritis + high blood pressure + diarrhea + chilly patient. This is one of the main remedies that will help an orthopaedic doctor treat a bad case of rheumatoid arthritis. One of the most important modalities of this remedy is better by a warm bath.

I am reminded of the famous case of Dr. N.M. Choudhuri when he was learning from Master Allen:

> *"I am ever grateful to* Strontium carb, *for the relief it gave me, while still a medical student in Chicago, from an attack of persistent nocturnal diarrhoea to which unfortunately I became a subject. It used to come on every night with a peculiar urging that made me stick to the closet for hours. I would scarcely be off the vessel before I had to return. It used to leave me punctually after three a.m. Dr. H. C. Allen prescribed* Strontium carb. *I have not suffered from it since."*

On investigating Boericke's Materia Medica, we find the rubric:

- Diarrhea, urgent, scarcely leaves the vessel before one has to return worse after three a.m.

Another keynote of the remedy is edema. Edema is better by a warm bath – and this is a major keynote for these patients. There is also sciatica with edema of left ankle, and a symptom of pains appearing like phantoms, where the patient can hardly tell where the pains are.

I have also used this remedy for strokes, where there are stroke-like episodes. Here, the following keynote is useful:

- Apoplexy threatens, violent congestion to head, face becomes red and hot every time the patient walks.

Other clinical indications for *Strontium carb* include:

- < Change weather
- < Beginning to move
- Constant movement

In many cases like this, I have given *Rhus tox* and it has not helped this patient. Try repeating *Strontium carb* when these indications are there.

This remedy also has bleeding after operations, prostalgia, oesophageal stricture and stenosis.

STRYCHNINUM PURUM

Keynotes:

The keynotes of this remedy are convulsions and spasms, aggravated by touch, noise and odor. *Strychninum* can be used for any clinical syndrome, be it athetosis, chorea or spinal sclerosis.

If you are practicing next to a clinic of a neurologist, then this will be one of your most frequently used remedies in clinical practice.

Other important indications include:

- Great hyperesthesia of pharynx and oesophagus
- A great feeling of stiffness and a marked rigidity of the cervical muscles
- Spasmodic twitchings and jerkings and a general tremor of almost all the muscles of the body
- Great relief by lying on the back and continued hard massage and rubbing,
- Aggravation from slight touch
- The constant presence of consciousness from the beginning to the end

Many times when you are thinking of prescribing *Belladonna* with the suddenness, fear, terror and starting, but then you also see shocks, jerks, twitches, and increased reflexes, think of this remedy.

If along with the above symptoms the patient has spasms, think of remedies that have this *Stry* component along with others, like:

- Spasms + hysteria – *Stry valerianicum*
- Spasms + debility – *Stry phosphoricum*

Other keynotes include:

- Convulsions: consciousness, with.
- Convulsions: isolated groups of muscles.
- Convulsions: tonic, opisthotonus
- Convulsions: touch, motion, noise, agg.
- Epilepsy: followed by: prostration.
- Neuralgia: type: lancinating, electric shock like.
- Paralysis: hemiplegia.
- Spinal cord: degeneration: multiple sclerosis.
- Spinal cord: inflammation: myelitis.
- Spinal cord: locomotor ataxia: early stage.
- Spinal cord: locomotor ataxia: fulgurating pains, with.

SUCCINUM PURUM

Keynotes:

The indications for this remedy include:

- Asthma + fear of trains and closed spaces
- Family history of tuberculosis

SULFONALUM

Keynotes:

The keynotes of this remedy are weakness + vertigo of cerebral origin + neurological symptoms + ataxia, staggering gait, stiffness and paralysis. I have often used this remedy in congenital neurologically affected children.

SULPHUR IODATUM

Keynotes:

The keynotes of this remedy are a lot of anxiety and hurriedness like *Iodum* + indifference and hopelessness of *Sulphur.*

Other keynote indications include:

- Thick eruptions – lichen-like on face and body
- Indurations
- One of the hottest remedies in the materia medica and very hungry
- Glands
- Goitre
- Thick eruptions
- Recurrent infections
- Suppurations
- Tumors and growths

SULPHURIC ACIDUM

Keynotes:

If you have a patient who is *Medo*-like (hurry, heat, warmth agg), also think of this remedy. The main indication is the tendency towards alcoholisum. I often use it as a chronic form of *Arnica,* after injury. Ulcers all over the body with sourness as the keynote

Other indications include:

- Pain in head, holding head ameliorates
- Offensive odor
- Lips cracked
- Sweating upper lip
- Left to right side
- Recurrent infections – suppurations
- Pain coming gradually goes suddenly
- Desire fresh fruits
- Intraocular hemorrhage after trauma
- Gangrene

This remedy is the most hurried remedy in materia medica:

- Hurry, haste: eating, while
- Hurry, haste: mental work, in
- Hurry, haste: movements, in

- Hurry, haste: movements, in: fast enough, cannot do things.
- Hurry, haste: occupation, in.
- Hurry, haste: walking, while.
- Hurry, haste: writing, in.

The following keynotes from Pulford are what I mainly depend on when prescribing this remedy:

> "Sulphuric acid *is the victim of long standing weakness which has been attended by a sense of trembling or quivering all over the body, though not visible; is exhausted, excited, hurried, cannot eat fast enough, all things must be done at once; is predisposed to purpura and hemorrhage from all the orifices, the blood being black and fluid, easy chafing followed by ulceration; is worse a.m.; the pains come slowly and go suddenly, the discharges excoriate, sweats after eating, suffers mostly on the right side.*
>
> *I have also used this remedy with good results in cases of hernias. We use this remedy for hernia scrotalis when there is great tendency for the hernia to come down especially in infants.*
>
> *This is a major remedy for weakness and trembling, so we can differentiate with* Gelsemium.*"*

SYCOTIC CO.

Keynotes:

Recurrent UTI + low blood pressure + joint affections + obesity + intolerance of eggs + pelvic inflammatory disease (PID) are the keynotes of this remedy.

SYPHILINUM

Keynotes:

The keynotes of this remedy include the history of fall or injury + pain with numbness + rheumatoid arthritis that is worse during summer. Also, *Syphilinum* has asthma that is aggravated during the summer.

This is known as the last stage remedy, when nothing else works – but it is very important that the keynotes of this remedy matches the patient:

- Saddle across nose- like *Sepia*
- Sleepless without any indications
- Night aggravates
- Recurrent boils

- History of cancer, TB, or malaria in family
- Arrested development in organs in body

In practice, I use this remedy for congenitally deformed or atrophied organs. This is the most constipated remedy in the materia medica with extreme pain. Think of this remedy in mentally dwarfed children when *Medo* and *Baryta carb* fail:

- Memory: weakness, loss of.
- Memory: weakness, loss of: dates, for.
- Memory: weakness, loss of: names, for proper.
- Mistakes, makes: calculating, in

The keynote of the headache is as follows:

- Excruciating headache - headache that causes sleeplessness at night; it makes him restless and keeps him constantly on the move. This tendency to move and walk during severe headache is a keynote indication.

TABACUM

Keynotes:

This is one of the major remedies of this generation. There is history of too much tobacco taken causing the pathology, especially cancers. It has to be studied along with *Lobelia inflata* and *Plantago major.* The keynotes of this remedy can be represented by the last paragraph of Allen's Keynotes:

Relations: Antidotes, for abuse of tobacco, are:

- *Ipecac* - for excessive nausea and vomiting
- *Arsenic alb* - for bad effects of tobacco - chewing
- *Nux vomica,* for the gastric symptoms next morning after smoking
- *Phosphorus* - palpitation, tobacco heart, sexual weakness
- *Ignatia* - for annoying hiccough from tobacco chewing
- *Clematis* - for tobacco toothache
- *Sepia* - neuralgic affections of right side of face; dyspepsia; chronic nervousness, especially in sedentary occupations
- *Lycopodium* - for impotence, spasms, cold sweat from excessive smoking
- *Gelsemium* - occipital headache and vertigo from excessive use, especially smoking

If the patient has terrible cravings when they are quitting smoking, using *Tabacum* potentized (200C or 1M) can work very effectively.

TARAXACUM OFFICINALE

Keynotes:

The distinguishing feature of this remedy is its mapped tongue. This is caused by little patches of the white coating coming off from different places exposing a red, tender, sensitive surface of the tongue. The taste of the mouth is bitter. A key action of this remedy is seen in the liver. It becomes enlarged and indurated. There is also drowsiness after a meal which also speaks of the torpid state of the liver, and often this leads to a sort of a bilious diarrhea. There is chilliness, which is represented by the icy coldness of the finger tips. The fever is of a low dynamic type – a similar type represented by *Rhus tox,* with which remedy it is often confounded with.

Other indications include:

- Muttering delirium
- Intolerable pain in the lower extremities during rest
- Great prostration
- Tearing pain in the occiput
- Great chilliness after eating and drinking,
- The mapped tongue and the coldness of the finger tips are characteristically indicative of *Taraxacum*
- Right-sided remedy.

Hahnemann's indications of the remedy:

Hahnemann's provings brought out these leading symptoms: "Painless urging to urinate," and "frequent urging to urinate with copious discharge of urine." Hahnemann points out that this, with the thirst, may indicate this remedy in some cases of diabetes. It can be clinically useful in cancer of the bladder.

TELA ARANEA

Keynotes:

The keynotes of this remedy are sleeplessness + hemorrhages + BP + asthma. *Tela* (Cobweb of the Black Spider) is an unusual but fragmentary remedy for sleeplessness. It rapidly lowers the frequency of the pulse rate. Its use is also beneficial to reduce high blood pressure.

TEREBINTHINA

Keynotes:

Helleborus-like + kidney symptoms + drowsiness are the keynotes of this remedy. It is especially useful in the last stages of uremia, renal failure or cancers related to the urinary organs. There is a history of infectious pathology, after which everything started. When the urine becomes dark-colored due to decomposition of blood, corpuscles, and due to rupture of the capillaries of the kidney, blood pours into the pelvis of the kidney - no remedy can take the place of *Terebinthina.*

Other indications include:

- Violent burning in urethra
- Great tenesmus of the bladder
- Dyspnea
- Peculiar sweetish odor of the urine resembling the smell of violets
- Glossy tongue

This remedy can also be used in coma cases to great success. It removes the stupefaction and deep sleep that follow uremic poisoning if administered in proper progress of all the symptoms of coma. Here are some rubrics from Knerr's repertory:

- Unconsciousness, coma: eyes: open: with
- Unconsciousness, coma: eyes: open: with: swallowing, when
- Unconsciousness, coma: fever, during
- Unconsciousness, coma: fever, during: typhoid
- Unconsciousness, coma: restlessness: with
- Unconsciousness, coma: scarlatina, in: kidneys are involved when
- Mental concentration, difficult or impossible: unconsciousness, after (this is exactly like *Helleborus* - dullness and stupid staring look)

Some other indications include:

- < Damp weather
- Distention of abdomen
- Enterocolitis end stage with
- Difficulty in breathing
- Like *Phos* – constitution
- Shining tongue

- Dark passive fetid hemorrhages
- Fetid smell of urine
- Constant tenesmus
- Iritis: adhesions; rheumatic, intense pain, especially with burning in kidneys; dark urine
- Amblyopia, from alcohol

This is the first remedy we think of when there is dropsy + kidney affection + hematuria:

- Swelling, dropsical: Bright's disease, in.
- Swelling, dropsical: cardiac.
- Swelling, dropsical: kidney, dependent upon degeneration of, probably granular.
- Swelling, dropsical: kidney affections, with , prostration.
- Swelling, dropsical: kidneys, congestion of.
- Swelling, dropsical: renal, rapid.
- Swelling, dropsical: renal, rapid.
- Swelling, dropsical: scarlatina, after.

TEUCRIUM MARUM VERUM

Keynotes:

Oversensitiveness is the keynote of this remedy. Patients who need *Teucrium* are very similar to *Thuja* patients. They are allergic to everything, have a tendency towards polyps, tumors, or cancers, there is a special action on the nose. In the nose, there is loss of smell, large offensive crusts and there is often nose block.

Other indications include:

- Finger tips and nails – suppurative grooves in nails
- < Damp weather
- Rheumatism of hands and cancer of bones of arms
- Ingrowing toe nail, ulcerates
- > Motion
- Hungry
- Right nose obstruction

This is one of the most talkative remedies in our materia medica – it can resemble *Lachesis*. With the recurrent infections, nose block and restlessness, we can also differentiate with *Tuberculinum*.

Confirmatory symptoms include:

- Loquacity
- Loquacity: evening: heat and exaltation, with.
- Loquacity: chill, with.
- Loquacity: heat, with.
- Loquacity: changing quickly from one subject to another
- Activity: desire for: exercise, physical
- Activity: desire for: exercise, physical: air, in open.

The clinical indications and keynotes for this remedy include:

- < Vaccination
- Loquacity during fever
- Headache after head injury
- Involuntary sighing
- Constant blowing of nose but no relief
- Empty stomach not ameliorated by eating
- Emaciation < change of weather; new moon
- Excitement hearing horrible things
- Dryness of nose

TEUCRIUM SCORODONIA

Keynotes:

The keynotes of this remedy are cough + TB + cancer + allergic diathesis.

THALIDOMIDE

Keynotes:

The greatest use for this remedy is in cases of multiple myeloma.

THALLIUM METALLICUM

Keynotes:

The keynotes of this remedy are pains which are cutting, lancinating, stitching, spasmodic, paroxysmal, darting, tearing, shooting + numbness + *Plumbum*-like constitution.

Whether it is multiple sclerosis or paralysis, if there are these following indications, give this remedy confidently:

- Muscular atrophy
- Endocrines are specifically affected
- Horrible pains in the neuralgias
- Trembling
- Alopecia after exhausting diseases
- Blue line in gums
- Constipated

THLASPI BURSA PASTORIS

Keynotes:

The keynotes of this remedy include uric acid diathesis + female symptoms. I have used this remedy in lower potency where calculous tendencies have gone away.

Other indications include:

- Suicidal
- Sensation of looseness of brain
- Noises in ear, teething during
- Corner of mouth cracked
- Swelling under eyelids
- Water tastes bad
- Menses alternately copious
- Milk, non pregnant women in
- Pain in knee patella stepping up or down
- >Open air, left side while eating, learning to walk late
- *Pulsatilla* + gall stone – *Thlaspi bursa pastoris.*

- Affects right side + liver+ desire cold milk, hot patient > cold application + < evening *(Kali Sulp, Thuja, Puls)*
- Rumbling gurgling in abdomen < smoking
- Uric acid diathesis

THEA SINENSIS

Keynotes:

This remedy is *Hyos*-like, with a history of drinking too much tea. The keynotes for this remedy are a history of too much tea drinking + tobacco + dyspepsia + flatulence + sleeplessness.

Think of this remedy instead of *Hyos* when you are talking to a talkative patient, who appears maniacal, speaks of killing and dying, who has dreams of killing, and is blabbering on.

Other clinical indications:

- Impulsive
- Irritability
- Jumping: impulse to: window, from
- Kill, desire to: sudden impulse to
- Kill, desire to: sudden impulse to: throw child: fire, into
- Loquacity
- Quarrelsomeness, scolding
- Restlessness, nervousness: night

THERIDION CURASSAVICUM

Keynotes:

The keynotes for this remedy are a personal history or family history of tuberculosis + left sidedness + pain around heart + craving for fruits and increased appetite, especially when associated with bone or respiratory diseases.

Other indications for this remedy include:

- Phthisis, violent stitches in upper part of chest to back (left chest)
- In tumors and cancers this remedy is more indicated then *Tarentula*
- Headache < even if anyone is walking in the room
- Restless – fast paced

- Tuberculosis of the bones – especially in the spine
- Car sickness
- Used especially when *Tarentula* doesn't act
- < Noise
- Typical cough and the vertigo are well known (Cough: convulsive, vertigo; violent, spasmodic jerking of head forward and knees upward)

Dreams that we use to confirm the remedy include:

- Dreams of animals running
- Dreams: body, body parts: teeth: breaking off
- Dreams: journey
- Dreams: journey: horseback, on

Even in the dreams, the *Theridion* patient is restless.

THIOSINAMINUM

Keynotes:

The keynotes of this remedy are sclerosis, scars, thickenings and indurations.

Whether it is cataracts, scleroderma, otosclerosis, keloids, stricture, or arteriosclerosis – think of *Thiosinaminum*. Earlier, I would prescribe *Calcarea fluor*, but I have found better results with this remedy.

Other indications include:

- Sciatica, pain in hip goes down to knee, < motion
- Indigestion, stomach and abdomen flatulent; < eating
- Mind state is like *Silica* – chilly, perspiring and anxious

THUJA OCCIDENTALIS

Keynotes:

This is one of the main remedies of my practice. If we know this remedy very well and when to prescribe it, we can treat many conditions successfully.

I often teach my students that *Thuja* is like Ganesh Bhagwan (Hindu elephant god). These patients are chubby, like eating, have growths all over the body, just sits around and reads, is very indolent and doesn't want to do much. One of the clinical observations I have seen is that there are dilated vessels (aneurysms) on the face, the face is oily, and even the hair can be oily.

There are few confirmatory keynotes I often use in practice when I think of *Thuja*:

- Left sidedness
- Stools after breakfast, after tea – when he gets up in morning
- History of recurrent urinary tract infections
- Cannot tolerate cold air
- Brown spots on skin
- Tumors, growths, warts, moles
- Perspiration on one part only
- History of repeated vaccinations – in children
- Allergy
- Difficulty in eating vegetables and fruits
- *Rhus tox*- like joint pains
- Desire – salt
- < Sun
- > Wrapping up, rubbing
- Dreams falling from height
- Especially used for old people – who become very silent, don't talk much
- Cracking of joints aggravated by stretching
- In children's cases – I see they are so obstinate and they just don't listen. They will have temper tantrums, with history of vaccination.
- Teeth are serrated, yellow in colour
- Piles < sitting, painful constipation
- Persistent insomnia
- Often to be used after *Arsenic alb* and *Natrum sulph*
- Frequent urination with pains
- Sweats copiously on going to sleep, one constantly moves and turns in bed; is worse keeping still
- Many ophthalmic diseases which are left sided, like scleritis

Also, there are a few important rubrics from Kent's Repertory in the "Back" section. Remember all these rubrics by heart and it will pay you rich dividends.

The following are rubrics of the *Thuja* backaches:

- Pain: general: injury, after
- Pain: general: jarring agg
- Pain: general: menses: during
- Pain: general: pressure
- Pain: general: rising: sitting, from
- Pain: general: rubbing amel
- Pain: general: sitting, while
- Pain: general: sitting, while: bent
- Pain: general: sitting, while: long, after
- Pain: general: standing: while
- Pain: general: standing: erect almost impossible after sitting
- Pain: general: standing: leaning sideways, while
- Pain: general: stepping, when
- Pain: general: stepping, when: false
- Pain: general: straightening up the back

We can also look at N.M. Choudhuri's explanation of this remedy:

> "Thuja's *mental condition is strongly indicative of his deranged nervous state. He is constantly in a hurry. When he talks in a rush. His movements are hurried and impatient. We also meet with extreme nervousness in this patient. The slightest disturbance puts him off his balance. The merest approach of a stranger sets him on his edge; when spoken to, he answers with tears and sobs. In reading or writing he uses wrong expression and gives one the impression of approaching mental derangement."*

TRIBULUS TERRESTRIS

Keynotes:

This is one of the main remedies that I use as a renal drainage remedy in practice. Any renal pathology - stones, dropsy, nephritis, high creatinine, extreme pain with or without history of sexual debility is covered by this remedy. The muscular pain is better by rubbing. There is prostatic enlargement with forgetfulness, gradual emaciation, dyspnea after profuse blood loss, trembling, and also chronic enlargement of the prostate.

From Burnett's Writings:

> *"It meets the auto-traumatism of masturbation, correcting the emissions and spermatorrhea. Partial impotence caused by overindulgence of advancing age, or when accompanied by urinary symptoms, incontinence, painful micturition, etc..."*

Additional indications and uses of the plant itself:

- The root is a demulcent, diuretic, and given in dropsy, gonorrhea, hepatic obstruction, rheumatism, and in urinary affections. The seeds are used as aphrodisiac; a paste of the seeds is applied to rheumatic joints. A decoction of the root is useful in hepatic derangement and genito - urinary disease as a diuretic

Ayurvedic uses and opinions:

- Charaka has found it useful in stone, gravel and calculus in the bladder and strangury
- Sushruta has recommended it as a great sexual tonic
- The plant is full of thorns and if anybody be pricked with its sharp points, intolerable burning ensues and the flesh becomes swollen and red
- It produces small red pimples and eruptions which look like measles and eruptions due to prickly heat, in this affection, *Hygrophila spinosa* is more efficacious than *Apis mel.* or *Rhus tox*
- In malarial attacks associated with urticaria it is used with great benefit. These fevers appear in the morning, there is no chill or thirst, urticaria - like eruptions come on along with the rise of temperature and there is intense itching which is relieved by cold applications
- In some skin diseases, which are worse from heat and better from cold, its efficacy is surely found
- In all ulcers due to impurities of blood it can be safely used with benefit
- It is an excellent medicine in dropsy, gonorrhea, hepatic obstruction, rheumatism and urinary affections
- In stone or calculus it is effective
- The Mahomedan physicians have used this for insomnia; it is a sure and unfailing remedy to produce sleep and is beneficial in impotency and leucorrhea

UVA URSI

Keynotes:

This is one of the smaller remedies that I am using in clinical practice, especially in cases of urinary tract infections.

Other indications include:

- Cystitis, with bloody urine.
- Chronic vesical irritation, with pain, tenesmus, and catarrhal discharges.
- Burning after the discharge of slimy urine.
- Pyelitis.
- Calculous inflammation.
- Urticaria without itching.

VALERIANA

Keynotes:

If I had to decide which remedy is the most hysterical, and which has the most changeable mood, it would be *Valeriana.* These pateints are exteremely sensitive, the least things affect them and they are sensitive to reprimands. I have often used this remedy in sciatica, where the modalities include aggravations from straightening out the limb, by standing and resting the foot on the floor, and ameliorated by walking. It is one of the main remedies for sleeplessness, and the patient is extremely hungry – voraciously hungry. They cannot tolerate hunger and feel very restless when they are hungry – they would continuously walk. These days, I am using this remedy for patients with ADHD, where there is jumping, running, and frequent changes in mood. Often, we are giving these patients *Coffea* or *Tuberculinum,* but think of this remedy as well.

Other indications include:

- Extremely cold sensations
- Joyfulness; all day; in evening, and greater activity; as after drinking coffee, he comprehended everything more easily then before; almost amounting to mischievousness – From Allens Handbook

VANADIUM METALLICUM

Keynotes:

The main action of this remedy is that it is a oxygen carrier and catalyzer, and it is widely used in wasting diseases. It increases the amount of hemoglobin, and combines its oxygen with toxins and destroys their virulence. It also increases and stimulates phagocytes.

Clinical indications:

- Degenerative conditions of the liver and arteries
- Anorexia and symptoms of GI irritation
- Albumin, casts and blood in urine
- Tremors
- Vertigo
- Hysteria and melancholia
- Neuroretinitis and blindness
- Anemia, emaciation
- Dry cough, irritating and paroxysmal, sometimes with hemorrhages
- Irritation of eyes, nose and throat
- Tuberculosis
- Chronic rheumatism, diabetes
- Tonic to digestive function
- Arteriosclerosis, sensation as if heart is compressed, as if blood had no room in the aorta
- Anxious pressure on chest
- Fatty heart
- Degenerative states, brain softening
- Atheroma of arteries of brain and liver

When considering a fatty liver, this remedy can be compared to *Arsenic alb, Phosphorus* and *Ammonium.*

From Burnett's Writing:

> *"This shall also be in further elucidation of my contention that Homoeopathy turns the groping, bungling treater of disease into a master of the healing art.*
>
> *Even since the year 1878 I have been in the habit of using Vanadium as a remedy in a class of cases that, outside of Homoeopathy, you cannot touch - I mean in certain cases of atheroma of the arteries, and fatty degeneration. I had been in the habit of using* Phosphorus, Antimony, Arsenic *and the like, but was not satisfied*

with my result in certain cases: nothing satisfies me but a cure. So I went farther afield, and thought I had found what I wanted in Vanadium, *whose physiological effects I studied in the Proceedings of the Royal Society. I got the differential points from an article in the Journal of Physiology by Mr. G. F. Dowdeswell entitled "On the Structural Changes which are Produced in the Liver under the Influence of the Salts of Vanadium. " In a word, let me say that it consists in true cell destruction, the pigment escaping, the liver being hit hardest. I had a case on hand of fatty liver, the atheroma of the arteries, much pain corresponding to the course of the basilar artery, large deeply pigmented patches on forehead, profound adynamia, and so forth.*

Well, my patient was then over seventy, and was very clearly breaking up and going to pass the big bourne whence no man returneth. Thanks to the use of Vanadium (I used the soluble ammonium salt) in homoeopathic preparation, chosen according to the homoeopathic law, that lady got quite well, and remains so, being now hard upon eighty years of age, and hale and hearty.

This is what I call being a master of the art of healing, and that you may truly realize the entire independence of my proceeding, I may tell you that thus far Vanadium *(so far as I know) has never even now been used in medicine at all, except by myself.*

Of course, as you are a "regular", you would not so far have forgotten your dignity as to go in quest of a remedy for your case, holding on humbly and hopefully to the Hahnemannian law.

VARIOLINUM

Keynotes:

One of the major indications of this remedy is in cases of backaches when no other remedy works. In difficult cases, be it cervical spondylosis or lumbar disc prolapse this remedy is used with great confidence. When we are giving remedies after remedies but there is no change think of this remedy. I have often seen that using a couple of doses of this remedy, followed by the indicated remedy, helps patients very much.

The following rubrics are key indications for *Variolinum:*

- Neck: drawing: tense in muscles, worse on motion, with stiffness of neck
- Neck: stiffness: drawing in muscles, with tense, worse on motion
- Scapulae: pain: over and below

- Lumbar region: aching: intolerable
- Lumbar region: pressing feeling: sacrum, down to
- Sacrum: aching.- breaking, as if
- Chill: water, run down like streams of cold, causing shivering and chattering of teeth, at commencement of fever
- Pain: spine, terrible on right side of
- Rheumatism: motion, worse on

VERATRUM ALBUM

Keynotes:

In my practice I have often found this remedy to have shades of *Ars* and *Hyos*. This remedy is one of the main acute remedies that can be used in practice and most of us are using *Ars alb* instead

Indications include:

- Chilly
- Wants cold things (wants warm, like *Ars*)
- Cold sweat
- Craves sour
- Wants someone – holding on to people around, extremely clingy
- Least exertion aggravates
- Painlessness
- Loose stools with profuse vomiting
- Joint pains like *Rhus tox* – aggravated damp weather > motion
- Past history of drugs, alcohol, tobacco

The following dreams of *Veratrum album* are very similar to that of *Hyos:*

- Dreams: cats: pursuing him
- Dreams: dogs: bitten, by, of being
- Dreams: dogs: pursued by
- Dreams: pursued by: wild
- Dreams: drowning
- Dreams: hunting
- Dreams: jumping

A few more important rubrics:

- Eating: refuses
- Escape, attempts to: run away, to
- Gestures, makes: clapping the hands
- Gestures, makes: involuntary motions of the hands
- Gestures, makes: involuntary motions of the hands: head, to the
- Gestures, makes: ridiculous or foolish
- Indifference, apathy: exposure of her person, to
- Insanity, madness: feet, with stamping of
- Jesting: ridiculous or foolish
- Lamenting, bemoaning, wailing

VERATRUM VIRIDE

Keynotes:

This is one of the remedies that I am using for muscular dystrophies – like Duchennes and other types. Also I have used this remedy in acute rheumatism, with *Belladonna*-like symptoms. Further, this remedy has convulsions like *Cuprum* – it is a spasmodic remedy.

Other keynotes include:

- Delusions: poisoned.
- Dementia: paretic.
- Fears: poison.
- Restless.
- Suspicious.
- Head jerking or continually nodding,
- Makes faces: bobs head, covered with cold sweat.
- When rising makes a series of springs, apparently from impossibility of raising one foot from the ground without lifting the other.
- Cold sweat
- Cold hands

VIOLA ODORATA

Keynotes:

The main indication of this remedy is ascending type of wrist pain.

VIPERA

Keynotes:

This is one of the main remedies for liver pathologies – liver cancers and cirrhosis, and even gall stones pathologies. The key modality is aggravated by letting the feet hang down.

I remember one case of epistaxis – with profuse bleeding and staining. There were no other symptoms, so I gave *Vipera,* and it just stopped.

Other indications include:

- Jaundice: from mental emotion
- Liver: abscess
- Liver: enlargement
- Pain: location: umbilical
- Coating, color: blackish
- Coating, color: brownish

I also have used this remedy in cases of strokes and comas, and it has been a gem:

- Arteries, aorta: rupture of artery: posthemiplegia
- Heart: inflammation: endocarditis: malignant
- Veins: inflamed phlebitis
- Paralysis: hemiplegia
- Thighs, legs: pains: cramps, contractions
- Aggravated to downward motion

Other keynotes:

- Excessively swollen arm, as from gold beating, becomes excessively swollen and painful, so that one could not let the arm hang down, must elevate the arm or rest it ona table to relieve the bursting sensation
- Hemorrhage: at climaxis, flow red, dark clots, faint, prostrated; from nursing child, prostrated
- Epistaxis, almost daily while nursing the child, yet weaning brought no relief

VISCUM ALBUM

Keynotes:

The keynotes of this remedy are blood pressure increasing + hot flushes + sciatica.

This is one of the spasmodic remedies in our materia medica that I often use in cases of high blood pressure.

Other clinical confirmations include:

- Rheumatism during menses or menopause + High BP + constipation + bilateral polyarthritis
- Knee pain alternating with elbow pain + Obesity + Hypertension + bilateral sacralisation of spine

XANTHOXYLUM

Keynotes:

The keynotes and indications of this remedy include left sided numbness, spasmodic affection aggravated by over eating or over drinking, neuralgias, especially ovarian neuralgias, extremely hot patient, and insomnia.

This is one of the main remedies I am using in neurological conditions of all kinds, including cervical spondylosis, paraplegias, dysmenorrhea and other diseases.

XEROPHYLLUM

Keynotes:

The main keynote of this remedy is *Psorinum*-like, dry, scaly eruptions that are aggravated by hot water. There is intense itching, burning, and stinging. The patients are extremely chilly, aggravated by cold air and cold water – this would cause the itching.

Other keynotes include:

- > Warm application
- A confirmatory keynote is constant eructations after food
- Stiffness like *Rhus tox*

X-RAY

Keynotes:

The main keynote of this remedy is repeated *X-ray* exposure. This occurs especially in cancer patients or patients who have to undergo constant radiation/ investigations. This remedy counteracts the effects of the radiation. It produces atrophy and degeneration of organs in addition to the thickening of skin. This remedy is useful as an intercurrent in cases of psoriasis and itchy eczemas.

When you check the palms of the patient they are rough and scaly – reminding you of *Antimonium crudum* or *Sarsaparilla*. Usually, when you meet this patient he will be sitting in the corner not wanting to talk to anyone, just sitting alone.

Often the symptoms which are suppressed by the radiation will come more clearly and thus, give us another totality to prescribe on again.

Other keynotes include:

- Craving – sweets
- Aversion – meat
- Greyish teeth

ZINCUM METALLICUM

Keynotes:

Zincum metallicum is a terrific remedy used for cosmetic allergies. The important modality of this remedy is better after menses.

The keynote of this remedy is the patient will go through a period of depression and slowness in the disease. There is sluggishness and the reflexes are slow. Overall, there is slowness in the whole development of the nerves, endocrine system and other major systems in the body. Arrested development of the disease also happens in this remedy. *Zincum* can be indicated in highly underdeveloped pathologies and suppression correlated with allopathic medicine. The disease pathology is slowed down and due to this; it is often slow in treating. Over-exertion aggravates is main modality.

This remedy is often missed due to a defective method of case-taking – a perfect case-taking of the past history needs to be done.

Other keynotes include:

- Restless hands and feet
- Hands and feet cold
- Dreams – stool, drowning, water
- < Hunger
- Noise sensitive to
- Itching and formication of feet
- Hyperesthesia of body – after suppression of disease
- < Milk
- Eats very fast

- Griping pain after eating
- After acute diarrhea, meningitis developed
- Left sided,
- > Discharges (like *Lachesis*)
- Acrodermatitis enteropathica
- Symmetrical eruptions

This remedy can especially be used in coma patients if the occiput is hot and the forehead is cold – this is the keynote on which many patients have been helped by this remedy.

Children who need this remedy are overtaxed and overburdened, where there is delayed development of brain or nerve pathologies. In children, there is intolerance to milk.

ZINGIBER

Keynotes:

This remedy is commonly known as ginger. I mainly use it for renal failures with high creatinine. The keynote is complete cessation and function of the kidneys, especially where there has been a lot of recurrent fevers, malarias and typhoids. Another indication that I have seen is in asthma without anxiety.

Dr. Sarkar's Approach in Case-taking

When I approach a case I begin looking for a chronology of events and ask questions such as, *when and how did it start, what were the first symptoms, which organ system affected, what were the characteristics of those symptoms at that time?* In addition, I also look at the direction in which the symptoms move – *which side did it start, did it move or did it stay in a local area?*

I aim to elicit exact symptoms and look for the causative factors – there may be one, or usually, there are many. With each symptom, location, sensation, modality and concomitant are critical to complete the symptom and to aid in prescribing an accurate remedy.

When investigating each symptom, I explore it in depth until I get a peculiar characteristic. This can be in any area of the case, mental, emotional or physical. I emphasize the importance of peculiar symptoms because that is what will ultimately help to match the patient to the remedy. I also place great importance on concomitant symptoms as they will help to quantify and qualify the experience of the patient.

Usually, the mind symptoms come at the very end. Unlike other schools of homoeopathy who investigate the mind and mental picture of the patient first, I choose to leave it to the end. If we start with mind symptoms, then we theorize and conceptualize what the patient says. This is dangerous because if the mind symptoms are not clear and exact, then you are at a risk for theorizing. It is much more useful to start with the symptoms that are sure and dependable – choose symptoms that are factual.

In a clinical setting, we must try to understand the "apparent" behaviour of the patient, and must question whether or not what they are showing is true – is there a shield that the patient is putting up or are they revealing their true self? We have to distinguish between persona versus reality – persona is a mask or shield, and as homoeopathic practitioners, we have to aim to remove the mask and find the reality. In order to do this, we must first and foremost analyze ourselves before others. If the patient is comfortable with the physician then you can find out hidden information. When there is a good bond at an emotional level with the patient, you can ask about the mental symptoms. Once your patient is weeping in front of you, that is the best example that there is a good bond established.

At each level of the case, I choose the symptoms that are factually reliable, dependable and solid. Once I have a good grasp on these symptoms, I have a few remedies in my mind and the rest of the case is just confirmation of one of these very remedies. Eventually I find a remedy that correlates with most aspects in the case.

Objective observations (ex. white-coated tongue, mapped tongue, hot body and cold extremities) and overall constitution (ex. fat, thin, tall) are also critical to success in clinical practice. I often use physical examination and objective observations as confirmatory symptoms. Physical generals like perspiration, menses history, appetite/cravings/aversions, and sleep position are also key in clinical practice and aid in confirming the remedy of choice. Family history and personal history are also areas which I investigate throughout my case-taking. Other important things to consider include addictions (ex. smoking and alcoholism) and what the patient is exposed to (ex. does the patient work in close quarters with petroleum or cement). Dreams are also important and can assist in prescription.

In summary, when I take a case, I build a solid foundation, addressing the pathology, toxicology, symptomatology and then the mind. It is a hierarchy which helps to organize my approach to cases and case taking.

Dr. Sarkar's Acute Prescriptions

First and foremost, one must be practical in acute situations. If you know how to tackle the situation of acutes with homoeopathic medicines, you will gain confidence and your patients will gain confidence in you and in homoeopathy as an effective system of medicine. It is faulty to say that homoeopathy only treats chronic diseases – we automatically handicap our system of medicine by believing this.

After the discovery of antibiotics, steroids and medicines alike, allopathic schools took the upper hand – but if you go through the history, before the discovery of antibiotics, most of the acute situations were helped by homoeopathic doctors. Dr. R.E. Robert, in the First World War, used homoeopathy. He treated soldiers with remedies like *Calendula, Arnica* and *Dulcamara.* Also, most of the malarial and typhoid epidemics are cured by homoeopathic medicine.

Most acute conditions are self-limiting in nature; you can either give or not give a medicine in allopathy. As homoeopaths, we give medicine to minimize the suffering and to shorten the period of suffering in acute conditions. For example, in Mumbai in rainy season, think of the remedies *Dulcamara, Natrum sulph, Aranea diadema, Rhus tox,* and *Nycnanthes.*

Diagnosis is a MUST to become a successful practitioner. You have to know the allopathic side and correlate this with your materia medica – remember this!

For example, if you know the application of *Arnica,* you can control most acute conditions and nothing else is required. We specifically know this remedy for its use after injuries, falls, accidents, surgeries and for bruising, however this remedy also covers conditions like heart attacks or cerebral attacks, left-sided hemiplegia, and hemorrhage. If the area is hot, prescribe *Arnica,* for left sided hemiplegia with full bound pulse, prescribe *Arnica.* If the patient is unable to recognize a grave situation (ex. a patient has lung cancer but still smokes), has a tired heart, is depleted after physical exertion or after dancing, vomits stool (intestinal obstruction), has a rigid personality, prescribe this remedy! Until and unless symptoms of another medication are indicated, use *Arnica.*

The following acute conditions can be treated very successfully using homoeopathic medicines – see below for more details.

INJURIES

***ARNICA* indications**

- Skin must be intact (ecchymosis)
- Mental symptoms - apprehension, doesn't want to be touched/ examined, "Please don't touch me"
- First crying then coughing in children; there is apprehension and the child cannot explain and fears getting hurt (ddx. First crying then urinating - *Lyco, Borax or Sarsaparilla*)
- Pathology develops right away
- Cannot tolerate bandaging

***BRYONIA* indications**

- Pathology develops slowly and gradually (after 3-4 days)
- Tight bandaging ameliorates
- Hard pressure ameliorates

***EQUISETUM ARVENSIS* indications**

- *Silica*-like personality (timid, pus formation, offensive perspiration) + traumatic tendon injury (medial meniscus, lateral meniscus) + chilly + constipation + better by warm application
- Used when *Ruta* does not act properly

***RHUS TOX* indications**

- First movement aggravates
- Gradual movement ameliorates
- Continuous movement ameliorates
- Chilly patient (ddx. *Kali iod* whose rheumatism is better by movement but is a hot patient)
- Susceptible to cold
- Better by warm applications
- After injury feels restless, hot and better by moving

***RUTA* indications**

- Direct periosteal injury (where bone is just covered by the skin - knee, shin)
- Allergy: itching aggravated by meat (Skin, itching, meat aggravates)
- Shin bone injury

STRONTIUM CARB indications

- After sprain, dislocation tendency of the joints, especially knee and shoulder
- Chronic sprain ameliorated by immersing leg in hot water
- Ddx. *Rhus tox* which doesn't have the dislocation tendency and spraining
- N.M. Choudhuri's keynote – night diarrhea

SYMPHYTUM indications

- Eye injury

VALERIANA indications

- Sciatica aggravated by standing
- Ameliorated by walking

VERBENA indications

- Capable to absorb blood
- After injury, where there is cracking sound, this remedy is used to lubricate the joints

XANTHOXYLUM indications

- After any blow, after any injury, where numbness is persisting
- Sensory nerve or nerve receptors are injured
- Numbness
- Pinching without pain
- Ddx. *Hypericum* (ascending type pain), *Ledum* (chilly patient better by warm application), *Plumbum met* (numbness with pain)

ACUTE COLDS AND INFLUENZA

In cases of acute colds, the following are a list of useful medicines: *Aconite, Gelsemium, Eupatorium, Arsenicum, Mercurius, Ipecac, Antimonium tart, Ammonium carb, Spongia, Hepar sulph, Drosera, Cina, Bryonia, Justicia, Ocimum sanctum, Conium, Mezereum, Aconite, Camphora, Avena sativa, Allium cepa, Ars iod, Kali mur, Euphrasia, Chelidonium, Cocculus, Cenchris, Cyclamen, Coca, Graphites Curare* and *Oscillococcinum.*

HEAD AND SPINAL INJURY

In cases of head and spinal injuries, the following medicines are useful: *Arnica, Natrum sulph, Opium, Cicuta, Betonica officinalis, Helleborus, Hypericum, Polygonatum multiflorum* and *Pituitarinum.*

BLACK EYE

For patients with a black eye, think of *Symphytum, Ledum* and *Sulphuric acid.*

ACUTE NEURALGIA

In cases of acute neuralgia/ trigeminal disorders, think of *Mag phos, Colocynths, Spigelia, Paris quadrifolia, Verbascum and Prunus.*

SCIATICA

In sciatica, think of the following remedies: *Mag phos, Colocynths, Kali iodum, Rhus tox, Gnaphalium, Plumbum, Valeriana, Tellurium, Causticum, Lachesis, Medorrhinum, Syphilinum, Dioscorea* and *Ammonium mur.*

COLIC

In cases of colic, remedies such as *Aconite, Belladonna, Chelidonium, Berberis, Lycopodium, Opium, Raphanus, Stannum, Granatum, Pulsatilla, Fluoric acid, Gelsemium, Mag phos, Colocynths* and *Dioscorea* are well indicated.

HEADACHES

In headaches, think of the following medicines: *Belladonna, Bryonia, Chininum sulph, Cocculus, Gelsemium, Melilotus, Glonoinum, Iris, Chionanthus, Nux vomica, Scutellaria, Lachesis, Sanguinaria, Spigelia, Theridion, Aconite, Ignatia, Piper methysticum* and *Apis.*

SORE THROATS

In cases of sore throats think of *Rhus tox, Aurum mur, Guaiacum, Dulcamara, Aethusa, Mercurius, Phytolacca, Baptisia, Lachesis, Lycopodium, Hepar sulph, Wyethia, Hepatica triloba, Kali mur, Psorinum* and *Tuberculinum.*

CCF or ANGINA

In cases of cardiac failure, CCF or angina, think of the following medicines: *Arsenicum album, Antimonium tart, Carbo veg, Oxalic acid, Lachesis, Naja, Lycopus, Laurocerasus, Crataegus, Latro dectus, Cactus, Aconite, Iodum, Spongia, Spigelia* and *Lilium tig.*

Curing in Layers and The Ladder Approach to Prescription

The Layers concept in homoeopathy was established by Dr. Foubister and I regularly use this concept in my practice.

Words from Dr. Foubister:

> *"We may consider the prescription of Streptococcin in chronic disease where there is a history of acute streptococcal infection very probably including severe infection in the mother during pregnancy. Given such a history, there are two kinds of cases where consideration of a comparatively unproved remedy seems justifiable. Firstly, when there is unsatisfactory response to reasonably well-chosen medicines; when there is a tendency to relapse, or when there is only partial improvement. Secondly, where streptococcal infection immediately precedes chronic illness or when it is an outstanding event in the history although separated by a comparatively healthy interval from the illness under consideration.*
>
> *Naturally, cases combining these features more strongly suggest Streptococcin, especially when it is difficult to find a similar proved remedy. These remarks can obviously be applied in consideration of other nosodes of acute infectious diseases. When there has been a number of severe acute illnesses, Dr. Gordon, of Edinburgh, maintains that best results can be obtained by antedoting the most recent infection first by its appropriate nosode, proceeding backwards and thus "curing in layers". Another view is that other things being equal, the first lapse from health is of greatest importance and that this should be antedoted first to undermine the superstructure and then deal with the case according to the remaining symptoms."*

I also frequently utilize the *Ladder of Remedies* concept of Dr. Burnett, to assist in chronic, complex cases. A ladder approach uses a series of remedies one after another, which ultimately lead to the restoration of the health in the patient. I find that to effectively help patients, the ladder approach is very beneficial because it targets the patient's current ailments at the same moment they are experiencing them – with the ladder approach, you can treat the presenting picture of the patient and move onto the next remedy when that picture is no longer present. It should be mentioned that I do not employ or use polypharmacy (prescribing 2 remedies at the same time).

Suppose a patient comes with a organ-specific problem, we can simply employ the use of a organ-specific remedy to alleviate their suffering. Once this suffering has been reduced or eliminated, a new picture of the patient will come up – and we can prescribe on the new totality.

Illustrative Cases of Dr. Sarkar

The following cases are great success stories from my clinical practice. I have used many of the remedies that I have mentioned in the above materia medica. These cases are accompanied by investigations and reports that depict the efficacy of homoeopathic medicines.

Furthermore, it is important to know that I do not employ polypharmacy in my cases. I adopt the ladder approach while treating patients – similar to Dr. Burnett. This means that I prescribe one remedy after another, not two at the same time.

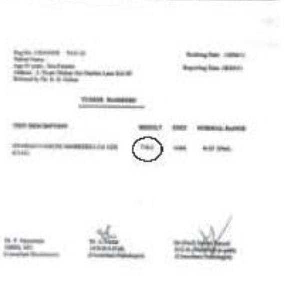
CASE ONE

Case of Papillary Serous Cystadenoma Carcinoma of the Ovary

Case Summary:

This is a case of a post operative-papillary serous cystadenoma carcinoma of the ovary. The patient has a history of anxiety and indigestion, due to stress at home. There was also a police case in the family because of which, she had a lot of stress. Other symptoms include motion sickness, thirstlessness, burning sensation before urination and micturition, radiating pain from LIF to umbilicus, electric sensation in the abdomen, aggravated by lying on the left side, and hot flushes from the vertex. The patient has been in menopause for the past 4 years, she has a past history of typhoid, irregular menses and dysfunctional uterine bleeding. She has dreams of snakes all around her, is fearful of snakes, and is generally fearful. The patient is extremely forgetful, gets angry and throws things in anger. She cannot tolerate hunger, desires spicy food and sweets.

Initial Investigations:



JMD Diagnostics

The initial cancer marker reads 710.2 U/ml.

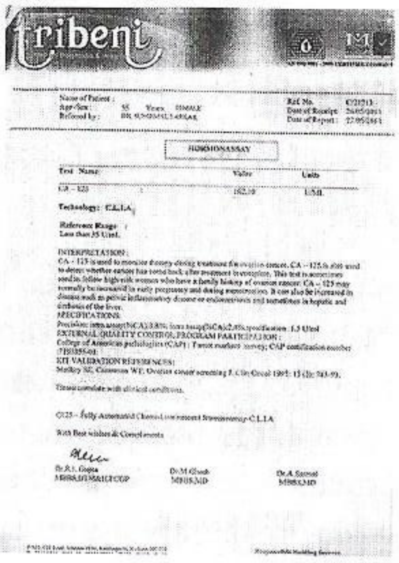
Remedies Prescribed:

1) Lac can 200, 2 doses, first day
2) Lac can 1M, 2 doses, next day
3) Lac can 10M, 2 doses, following day
4) Followed by *Placebo* for a month
5) Followed by *Carcinosin* 10 M, BD for one week
6) Followed by *Placebo* for a month

Follow-up after 2 months:

After 2 months of treatment, the patient feels she is improving. She is having no pain and feels much better. Her intolerance to cold and growths are there, and she is getting stools after eating breakfast.

Investigation after 1 month of treatment:



HORMONASSAY

Test Name	Value	Units
CA - 125	162.10	U/ml

Technology: C.L.I.A

Reference Range:
Less than 35 U/ml.

The investigations after 2 months show a considerable decrease in the cancer marker – from 710.2 U/ml to 162.10 U/ml.

Remedies Prescribed:

1) *Thuja* 10M, 2 doses
2) Followed by *Placebo,* BD for a month

Follow-up after one more month:

The patient was having extreme acidity.

Remedies Prescribed:

1) *Taxus baccata* 30, TDS for one month
2) Followed by *Carica papaya* 1x – this remedy is well indicated as the patient had extreme acidity
3) Followed by Placebo for a month

Follow-up after 2 more months:

The patient is having pain in her abdomen which is better on passing flatus. She feels chilly and has become restless. She also revealed that she has a history of gall stones.

Remedies Prescribed:

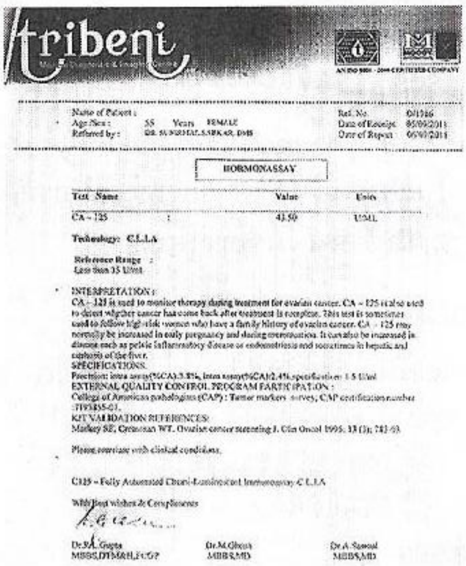
1) *Natrum ars* 30, 200, 1M
2) *Juglans cinerea* mother tincture 8 drops TDS

Final Follow-up:

Overall, the patient has considerably improved. Generals are better, even pathology is much better. The dicomfort and pains have gone. The Cancer markers have totally changed and the patient is continuously improving.

See the following investigations for evidence:

Most Recent Investigation:



tribeni

AN ISO 9001 : 2008 CERTIFIED COMPANY

Name of Patient :
Age/Sex : 55 Years FEMALE
Referred by : DR. SUNIRMAL SARKAR, DMS

Ref. No. [illegible]
Date of Receipt 05/09/2011
Date of Report 06/09/2011

HORMONASSAY

Test Name		Value	Units
CA - 125	:	43.50	U/ML

Technology: C.L.I.A

Reference Range :
Less than 35 U/ml

INTERPRETATION :
CA - 125 is used to monitor therapy during treatment for ovarian cancer. CA - 125 is also used to detect whether cancer has come back after treatment is complete. This test is sometimes used to follow high-risk women who have a family history of ovarian cancer. CA - 125 may normally be increased in early pregnancy and during menstruation. It can also be increased in disease such as pelvic inflammatory disease or endometriosis and sometimes in hepatic and cirrhosis of the liver.
SPECIFICATIONS.
EXTERNAL QUALITY CONTROL PROGRAM PARTICIPATION :
KIT VALIDATION REFERENCES:

Please correlate with clinical conditions.

C125 - Fully Automated Chemi-Luminescent Immunoassay C.L.I.A

With Best wishes & Compliments

Dr.R.A. Gupta
MBBS,DTM&H,FCGP

Dr.M.Ghosh
MBBS,MD

Dr.A.Sanyal
MBBS,MD

This most recent investigation displays the cancer marker drastically reduced. Initially the cancer marker showed a reading of 710.2 U/ml, in 5 months time, it is 43.50 U/ml.

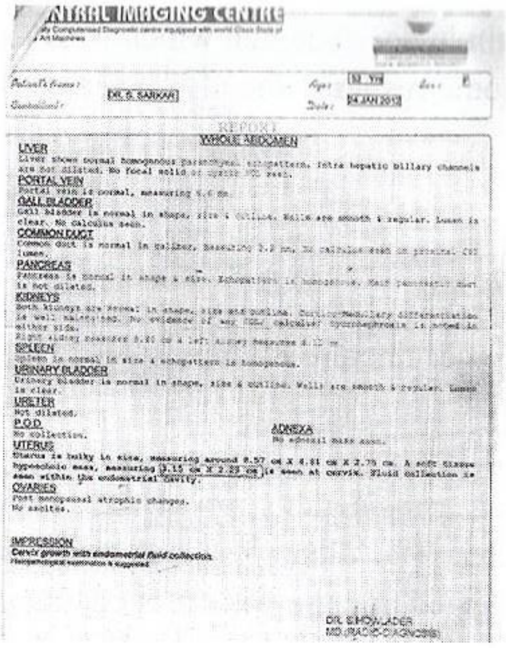
CASE 2

Case of Grade 2B Squamous Cell Carcinoma of the Cervix

Case Summary:

This is a case of a 52-year-old woman who had four children. Her symptoms were blood mixed with vaginal discharge, menopausal for the past 2 months, extremely chilly patient, cannot tolerate damp weather, gets a cough and cold in damp weather, pain in lower abdomen on the left side, warts on the external os and a family history of cancer. Mentally, she gets scared easily, is fearful, and does not have dreams.

Initial Investigations:



NTRAL IMAGING CENTRE

Patient's Name: Age: 52 Yrs Sex: F

Consultant: DR. S. SARKAR Date: 04 JAN 2012

REPORT

WHOLE ABDOMEN

LIVER

Liver shows normal homogenous parenchymal echopattern. Intra hepatic billiary channels are not dilated. No focal solid or cystic SOL seen.

PORTAL VEIN

Portal vein is normal, measuring [illegible]

GALL BLADDER

Gall bladder is normal in shape, size & outline. Walls are smooth & regular. Lumen is clear. No calculus seen.

COMMON DUCT

[illegible]

PANCREAS

Pancreas is normal in shape & size. [illegible] is not dilated.

KIDNEYS

[illegible]

SPLEEN

Spleen is normal in size & echopattern is homogenous.

URINARY BLADDER

Urinary bladder is normal in shape, size & outline. Walls are smooth & regular. Lumen is clear.

URETER

Not dilated.

P.O.D

No collection.

ADNEXA

No adnexal mass seen.

UTERUS

Uterus is bulky in size, measuring around 8.57 cm X 4.81 cm X 2.75 cm. A soft tissue hypoechoic mass, measuring 3.15 cm X 2.29 cm is seen at cervix. Fluid collection is seen within the endometrial cavity.

OVARIES

Post menopausal atrophic changes.

No ascites.

IMPRESSION

Cervix growth with endometrial fluid collection.

Histopathological examination is suggested.

DR. S.HOWLADER
MD (RADIO-DIAGNOSIS)

This report shows that there is a mass in the cervix, 3.15cm X 2.29cm. This is indicative of a cancerous mass.

Remedies Prescribed:

1) *Calendula* 10M, 4 doses
2) After 15 days – *Radium bromide* 30, BD for 14 days – This is one of the main remedies which I give as an intercurrent in cancers – especially cancer of the cervix with hard indurations.

Follow-up after one month:

Patient is better and the bleeding/pains have stopped. The remaining symptoms of damp weather aggravates is still there.

Remedies Prescribed:

1) *Calendula* 10M, 4 doses
2) SL (Placebo) for 15 days
3) *Hydrocotyle asiatica* 1X, BD for one month – This is the main remedy for cervical cancer and erosions/thickening. It is one of the Indian drugs that I use as an intercurrent.

Follow-up after one more month:

There is bleeding of a dark color, with pain.

This is an indication for the remedy *Ficus religiosa.*

Remedies Prescribed:

1) *Ficus religiosa* 200, BD for 15 days
2) After 15 days – 5-*Fluorouracil 30,* BD for 14 days – This is a drug that is a pyrimidine analog which is used in the treatment of cancer.

Follow-up after 2 more months:

The patient overall is much better. The pain is not there, although the bleeding increased.

Remedies Prescribed:

1) *Ficus religiosa* 200, BD for 15 days
2) *Placebo,* for 15 days

Follow-up after another one month:

The patient is feeling chilly, she cannot tolerate hunger, is having vaginal discharge, but there is no bleeding. She is wearing thick, woolen clothing, and has revealed that she had a history of skin eruptions.

These are all indications for the remedy Psorinum.

Remedies Prescribed:

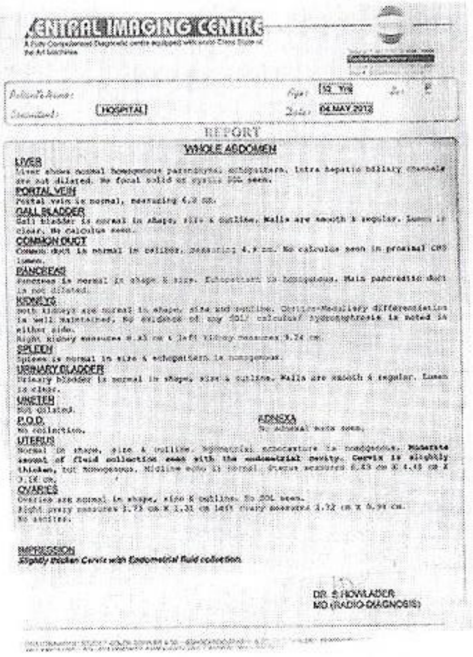
1) *Psorinum* 10M, 4 doses
2) *Placebo,* for 15 days
3) *Hydrocotyle asiatica* 30, BD for 15 days

Final Follow-up:

Overall the improvement has been remarkable. See investigations below for visible evidence.

Investigations:

Most Recent Investigations:



CENTRAL IMAGING CENTRE

HOSPITAL

04 MAY 2012

REPORT

WHOLE ABDOMEN

LIVER

PORTAL VEIN

GALL BLADDER

COMMON DUCT

PANCREAS

KIDNEYS

SPLEEN

URINARY BLADDER

URETER

P.O.D.

ADNEXA

UTERUS

OVARIES

IMPRESSION

Slightly thicken Cervix with Endometrial fluid collection.

DR. S.HOWLADER
MD (RADIO-DIAGNOSIS)

What can be observed in this recent investigation, within 4-5 months, the mass has disappeared and the diagnosticians have written that the cervix is slightly thickened. This shows that the pathology has reversed.

CASE THREE

Case of Pancreatic Duct Calculi

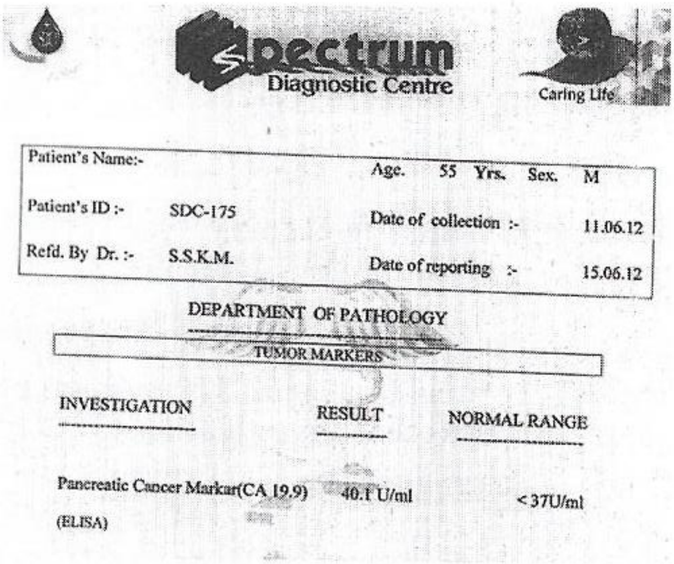
Case Summary:

This was a case of a 55-year-old man, an alcoholic and smoker. He complained of pain in the epigastrium which was occurring for the past 10 years. He had a salty taste in mouth, could not tolerate hunger, angry when hungry, he desired warm food, sour, meat, milk and was absolutely thirstless. He was a chilly patient who enjoyed summer and cloudy weather. He was sympathetic, irritable, threw things after anger. He had dreams of ghost and of talking to dead people. The modalities in the case included: < inspiration, < empty stomach, < lying on sides, > lying on back, > pantoprazole.

Family history of TB and asthma.

Observation: Unusual hairy growth was noticed. Frowning and smiling.

Initial Investigation:



Spectrum Diagnostic Centre

Caring Life

Patient's Name:-		Age. 55 Yrs. Sex.	M
Patient's ID :-	SDC-175	Date of collection :-	11.06.12
Refd. By Dr. :-	S.S.K.M.	Date of reporting :-	15.06.12

DEPARTMENT OF PATHOLOGY

TUMOR MARKERS

INVESTIGATION	RESULT	NORMAL RANGE
Pancreatic Cancer Markar(CA 19.9) (ELISA)	40.1 U/ml	<37U/ml

The initial investigation showed a pancreatic cancer marker of 40.1 U/ml.

Remedies prescribed:

23/03/12

1. *Calcarea silicata* 30, TDS for 10 days
2. *Quercus glandium spiritus* Mother Tincture, 50 drops BD for 10 days
3. Followed by *Angelica* 30, TDS for 10 days

25/09/12

1. *Calcarea silicata* LM2, OD for 16 days
2. Followed by *Calcarea silicata* LM4, OD for 16 days
3. Followed by *Angelica* 30, OD for 1 month

20/11/12

Follow up:

The patient is experiencing no pain. There is improvement in constipation. However, there is pain in the throat, right sided, during deglutition. The patient is feeling chilly but enjoys summer and sun exposure. There is scanty perspiration over the forehead and the patient reveals an aversion to potatoes.

1. *Alumina silicata* LM2, BD for 8 days
2. Followed by *Alumina silicata* LM4, OD for 16 days
3. Followed by *Alumina silicata* LM6, OD for 16 days
4. Followed by *Thiosinamium* 30

01/01/13

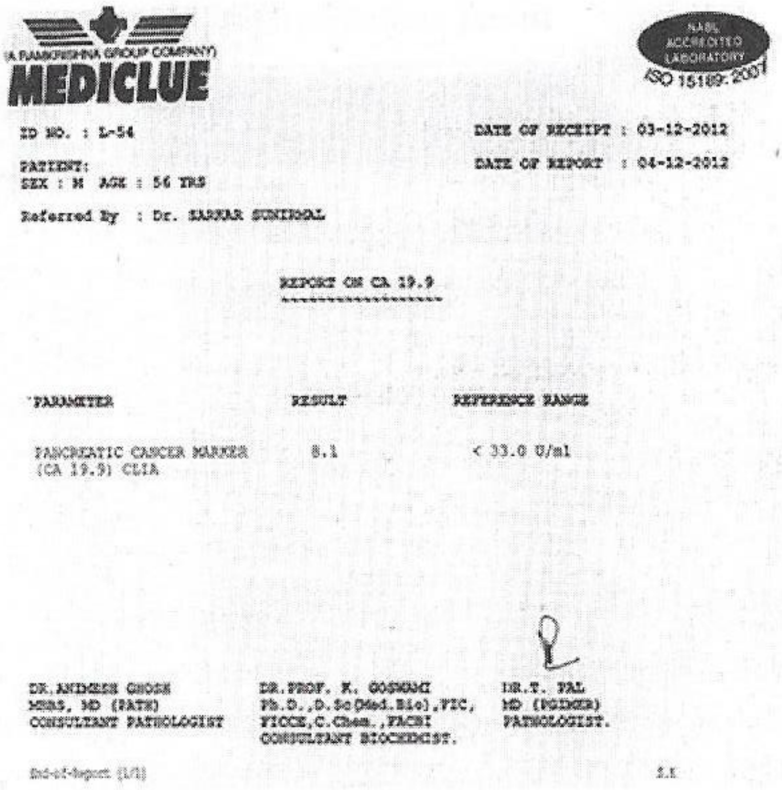
Follow up:

The patient is experiencing anorexia and difficulty in deglutition. The stool is hard and in small pieces. The patient is feeling thirstless and is frowning.

1. *Alumen* LM2, BD for 8 days
2. Followed by *Alumen* LM4, OD for 16 days
3. Followed by *Alumen* LM6, OD for 16 days

Investigations:

Most Recent Investigation:



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MEDICLUE

NABL ACCREDITED LABORATORY
ISO 15189: 2007

ID NO. : L-54

DATE OF RECEIPT : 03-12-2012

DATE OF REPORT : 04-12-2012

PATIENT:
SEX : M AGE : 56 YRS

Referred By : Dr. SARKAR SUNIRMAL

REPORT ON CA 19.9

PARAMETER	RESULT	REFERENCE RANGE
PANCREATIC CANCER MARKER (CA 19.9) CLIA	8.1	< 33.0 U/ml

DR.ANIMESH GHOSH
MBBS, MD (PATH)
CONSULTANT PATHOLOGIST

DR.PROF. K. GOSWAMI
Ph.D.,D.Sc(Med.Bio),FIC,
FICCE,C.Chem.,FACBI
CONSULTANT BIOCHEMIST.

DR.T. PAL
MD (PGIMER)
PATHOLOGIST.

End-of-Report (1/1)

After 6 months of treatment, the pancreatic cancer marker has reduced to 8.1 U/ml.

CASE FOUR

Case of Mass Lesion of Head of Pancreas with Jaundice

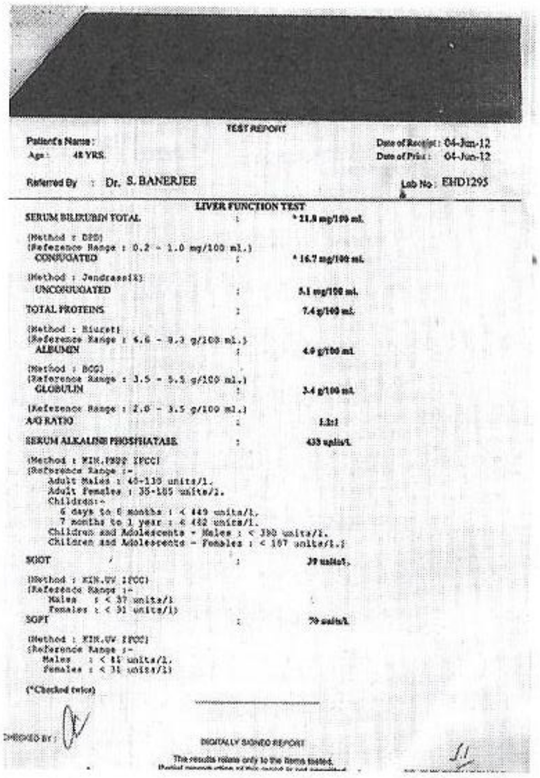
Case Summary:

This was a case of 48-year-old male who had a lump in his abdomen and jaundice for over 1 and ½ months, and had a prodrome of the same duration. He was diagnosed with a mass lesion in the head of the pancreas. He complained of frequent radiating pain from his chest to back, and the pain was like a ring; there was a burning sensation in the abdomen, < evening to night, > sitting with bending forward; weakness; cannot tolerate hunger, gets angry when hungry, hungry at 10am, burning sensation in abdomen, >eating, but handful food causes satiety, with desire for hot food, extra salt, non-vegetarian food and sweets. He is a hot patient, desires loose garments, sweats profusely over chest and is worse from 3-5 pm, after catnap sleep in noon. He does not like getting wet in rain, enjoys cloudy weather though. He shouts when angry and desires to be left alone; he is fearless. He has dreams of dead mother, even death of living persons.

There is a past history of a fistula in his anus, which was operated upon. There is also history of eating rich food on a hot day followed by pain in abdomen- never well since then, April 2012. There is also a family history of cancer (maternal aunt).

Observations: Unusual hairy growth. Red mole on chest. Furrowing over forehead while talking.

Initial Investigations:



[redacted]

TEST REPORT

Patient's Name :
Age : 48 YRS.
Date of Receipt : 04-Jun-12
Date of Print : 04-Jun-12
Referred By : Dr. S. BANERJEE
Lab No : EHD1295

LIVER FUNCTION TEST

SERUM BILIRUBIN TOTAL : * 21.8 mg/100 ml.
(Method : DPD)
(Reference Range : 0.2 - 1.0 mg/100 ml.)
CONJUGATED : * 16.7 mg/100 ml.
(Method : Jendrassik)
UNCONJUGATED : 5.1 mg/100 ml.
TOTAL PROTEINS : 7.4 g/100 ml.
(Method : Biuret)
(Reference Range : 6.6 - 8.3 g/100 ml.)
ALBUMIN : 4.0 g/100 ml.
(Method : BCG)
(Reference Range : 3.5 - 5.5 g/100 ml.)
GLOBULIN : 3.4 g/100 ml.
(Reference Range : 2.0 - 3.5 g/100 ml.)
A/G RATIO : 1.2:1
SERUM ALKALINE PHOSPHATASE : 433 units/L
(Method : KIN.PNPP IFCC)
(Reference Range :-
Adult Males : 40-130 units/l.
Adult Females : 35-105 units/l.
Children:-
6 days to 6 months : < 449 units/l.
7 months to 1 year : < 462 units/l.
Children and Adolescents - Males : < 390 units/l.
Children and Adolescents - Females : < 187 units/l.)
SGOT : 39 units/L
(Method : KIN.UV IFCC)
(Reference Range :-
Males : < 37 units/l
Females : < 31 units/l)
SGPT : 79 units/L
(Method : KIN.UV IFCC)
(Reference Range :-
Males : < 41 units/l.
Females : < 31 units/l)
(*Checked twice)

CHECKED BY :

DIGITALLY SIGNED REPORT

The results relate only to the items tested.

The intial serum bilirubin count is 21.8 mg/100 ml.

Remedies prescribed:

22/06/12

1. *Carcinocin* 1M, 6 doses
2. Followed by *Aesculus hippocastanum* 200, 6 doses, TDS for 2 days
3. Followed by *Placebo* for 15 days
4. *Chelidonium* 1X, 10 drops TDS 15 days

09/07/12

Follow up:

The patient's appetite improved and they were feeling more energetic than before.

Remedies prescribed:

1. *Chionanthus virginicus* 1X, 5 drops BD
2. Followed by *Placebo* for 15 days

27/7/12

Follow up:

The patient continued to improve. The stool came after waking in morning, but they were feeling very hot.

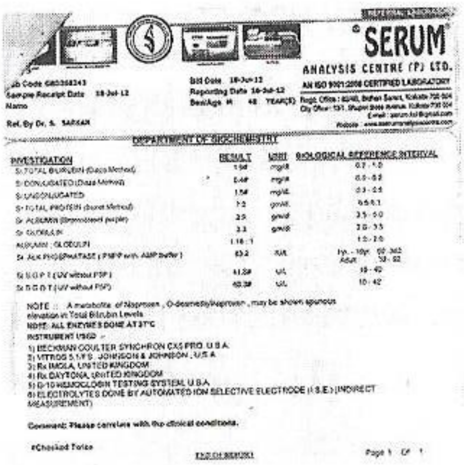
Remedies prescribed:

1. *Sulphur* 200 1 dose
2. Followed by *Glycolactic* 30 (SL, Placebo)
3. *Chionanthus virginicus* 1X, 5 drops BD

Final Follow-up:

Investigations:

Most Recent Investigations:



SERUM
ANALYSIS CENTRE (P) LTD.
AN ISO 9001:2008 CERTIFIED LABORATORY

Lab Code [illegible]
Sample Receipt Date 18-Jul-12
Name
Bill Date 18-Jul-12
Reporting Date 18-Jul-12
Sex/Age M 48 YEAR(S)
Ref. By Dr. S. SARKAR

DEPARTMENT OF BIOCHEMISTRY

INVESTIGATION	RESULT	UNIT	BIOLOGICAL REFERENCE INTERVAL
S. TOTAL BILIRUBIN (Diazo Method)	1.9#	mg/dl	0.2 - 1.0
S. CONJUGATED (Diazo Method)	0.4#	mg/dl	0.0 - 0.2
S. UNCONJUGATED	1.5#	mg/dl	0.3 - 0.8
S. TOTAL PROTEIN (Biuret Method)	7.2	gm/dl	6.6-8.1
Sr. ALBUMIN (Bromocresol purple)	3.9	gm/dl	3.5 - 5.0
Sr. GLOBULIN	3.3	gm/dl	2.0 - 3.5
ALBUMIN : GLOBULIN	1.18 : 1		1.2 - 2.0
Sr. ALK PHOSPHATASE (PNPP with AMP buffer)	83.2	IU/L	1yr. - 10yr. [illegible] Adult [illegible]
Sr. S.G.P.T (UV without P5P)	41.3#	U/L	10 - 40
Sr. S.G.O.T (UV without P5P)	40.3#	U/L	10 - 42

NOTE : A metabolite of Naproxen, O-desmethylnaproxen, may be shown spurious elevation in Total Bilirubin Levels
NOTE: ALL ENZYMES DONE AT 37°C
INSTRUMENT USED :-
1) BECKMAN COULTER SYNCHRON CX5 PRO. U.S.A.
2) VITROS 5.1 FS. JOHNSON & JOHNSON, U.S.A.
3) Rx IMOLA, UNITED KINGDOM
4) Rx DAYTONA, UNITED KINGDOM
5) D-10 HEMOGLOBIN TESTING SYSTEM, U.S.A.
6) ELECTROLYTES DONE BY AUTOMATED ION SELECTIVE ELECTRODE (I.S.E.) (INDIRECT MEASUREMENT)

Comment: Please correlate with the clinical conditions.

#Checked Twice

Page 1 Of 1

The most recent investigations read a decrease in the serum bilirubin, it has come down to 1.9 mg/dl.

Experience with Dr. Sarkar

The following excerpts and experiences are from a wide array of homoeopathic doctors and students who have sat with me in my clinic in West Bengal.

Dr. Sujit Chatterjee

World-Renowned Homoeopathic Doctor, Senior Consultant at the other song – International Academy of Advanced Homoeopathy, Lecturer and Cancer Specialist

I visited Dr. Sarkar at his clinic in a remote village in West Bengal. To find the way to his clinic, we were communicating over the phone. When I reached there, I saw many patients who were waiting. As I approached the clinic, he came out to receive me. I was very touched by this gesture and by his humbleness – and I feel that it was a sign of a true wise man.

When we sat, he shared several cases with me, a few of which were amazing.

I remember a case of a young male patient who was suffering from lung cancer. He had history of taking sodium bicarbonate (a home remedy) for his acidity. He also had an aversion to bread and intolerance to milk. The patient was afraid and aggravated by thunderstorms. Although it was not gastric cancer, Dr. Sarkar prescribed *Natrum carb* for this patient and there was remarkable improvement. He even showed me documents and various investigations that showed the improvement for several years.

Another case, which I was intrigued by, was a case of very bad eczema. Dr. Sarkar prescribed *Arsenicum album,* with the main indication of arsenic poisoning symptoms. He explained to me that in West Bengal, water contains this impurity in a high level. What surprised me is that he did not prescribe on the keynotes of *Arsenicum* that I knew - it was not based on midday or midnight aggravation, restlessness or fear of death. He prescribed from simple observations of typical skin symptoms like bigger, brown patches/ spots on the skin and all over the body.

Throughout my time with Dr. Sarkar, I also saw many good results with the remedy *Carcinosin.* On observation, many cases of *Carcinosin* have numerous amounts of moles, a family history of cancer, fastidiousness, love for nature and has no major illnesses in the past.

The following cases are those which I solved using Dr. Sarkar's clinical method:

CASE ONE

A few months ago I had an interesting case of a child who was two and a half years old. He wanted an urgent appointment, and had complaints of repeated colds, cough, and skin rashes. As I was going abroad, my appointment schedule was full for 2 months. The child's parents insisted they wanted a remedy because the child had taken a lot of antibiotics and frequently suffered from colds and coughs. I took the acute totality and decided to prescribe an acute remedy for the child. When I did this, the main symptom that came up was that the child had been vaccinated heavily and had done many courses of antibiotics.

We all know that the main remedy for this symptom is *Thuja.* However, as no other characteristic symptoms of *Thuja* were present, I prescribed *Torula cerevisiae* 30, 3 times a day for 3 days.

There was a remarkable change within a week. After two months, when the whole case was taken there was no clear indication of any other remedy. Since the prescription of *Torula,* there has been no colds or cough, and overall, the child is doing very well. Everytime I see a follow-up, the child gets progressively better, and his rashes have even disappeared.

Torula is Dr. Sarkar's favorite remedy for the patients who have had a lot of vaccinations and who consume foreign proteins.

Torula from Boericke's Materia Medica:

- Sycotic remedy
- Anaphylatic states produced by proteins and enzymes
- Boils recurrent
- Itching eczema around ankles.
- Tinea versicolor.

What I learned from Dr. Sarkar is that the remedy *Thuja* is for a single vaccination, whereas *Torula* is for more than one vaccination.

Overall, the learning from this case was great and the most rewarding aspect was that the patient got so much better.

CASE TWO

This was a case of a 66-year-old male patient who was under my treatment since 2011. I was treating him for degeneration of the lower lumbar discs. I was treating him with *Manganum.* At one point in January 2012, he was diagnosed with hepatitis B and cirrhosis of the liver and his allopathic doctor advised for an AKT test because of his low-grade fever. His LFTs were showing high values and he developed numbness in his toes.

From my understanding, there were hardly any characteristic symptoms available. So, I simply gave him *Hepatitis* C 30, one dose.

After one month his LFTs became normal. We continued the remedy *Hepatitis* C, one dose every month for 3 months. He improved considerably. His appetite came back and his fever disappeared. In general he was doing very well. In November 2012, I prescribed *Manganum* again, and at present, the patient is doing very well. His LFT and ESR shows absolutely normal values.

One may wonder why I prescribed *Hepatitis C,* when the patient had hepatitis B. My logic was that hepatitis C could cause liver damage and cirrhosis. Also, it is important to note that hepatitis B and C cannot be differentiated, so any one of them can be used.

Here, I took a page out of Dr. Sarkar's book by prescribing a nosode as an intercurrent remedy – and it produced terrific results.

CASE THREE

This is a case of a 63-year-old male who consulted me for cirrhosis of the liver with multiple nodules present. This condition all started with hepatitis B, and according to Dr. Sarkar, the causative factor is very important in prescription. The patient had a history of piles, which he had an operation for. He also had a pleural effusion.

I started with the remedy *Hepatitis B* 30, then 200 via The Plussing method, TDS. After 15 days, I called and he reported an improvement in his appetite, his weight was steady and he developed a skin rash around the groin. His alpha-feto-protein increased from 223 to 525.

From my understanding the appearance of the skin rash and the improvement in appetite were great signs, so I repeated the same medicine.

After one month, his alpha-feto-protein became 929. At present, his levels are at 688. In general, the patient is much better. There is no weakness and he has a good appetite.

With this marked improvement, I decided to do a full constitutional case-taking. After a detailed history taking, *Natrum mur* was found to be his constitutional medicine. He had a strong symptom of silent grief because he lost a child several years ago. Other symptoms were in the case included sleeping on the abdomen when there is flatus, an urging for stool, flatus is passed but hunger aggravates, desire for salt and an affinity for abdominal cancer, especially that of the liver.

This case allowed me to learn a considerable amount. My initial prescription of *Hepatitis B* helped the patient a lot and the results were visible in the markedly improved investigative reports.

Dr. Gajanan Dhanipkar

Senior Consultant at the other song – International Academy of Advanced Homoeopathy, M.D. (Hom)

I have met Dr. Sarkar many a times in Mumbai and learned lots of things from him. His passion has helped my inquisitiveness to learn more about homoeopathy, the way he practices it and the way he deals with patients in acutes. So I requested him to let me see his rural OPD for few days- the OPD which is heavily crowded with patients suffering from the illnesses which most of the homoeopaths cant even think of treating. And he was very humble in letting me do so.

The day I visited his clinic, I saw a case of thyroid malignancy. The female was brought in an ambulance, on a stretcher. She was discharged from the cancer hospital because they said that nothing more can be done to help her. When I saw her, she was in agonizing pain. She had an open suppurating wound with thousands of maggots. The tumour was of a size of 2 tennis balls with purplish discolouration. She was prescribed *Tarentula cubensis* & to my surprise, there were no maggots & minimal pain on the very next day. On the 10th day of medicine, she came walking to the clinic. This was a miraculous recovery. Few quotes from Boericke on *Tarentula cubensis:* "It is the remedy for pain of death; soothes the last struggles. Malignant suppurations, purplish hue with stinging pains."

So, just to express my experience in few words, I would say that I was really astonished by his knowledge of materia medica & repertory. The way he approaches towards acute & death-bed cases is an eye opener for homoeopaths. I can very well assure that this book will help the students, beginners as well as practitioners to adopt homoeopathy in its true sense.

Dr. Rajesh S. Upadhyay

Senior Homoeopathic Doctor practicing in Amravati, Maharastra

I wish to share some cases which I had the opportunity to witness at Dr. Sarkar's clinic in Kolkata.

1. Case of a 29-year-old male with Nodular Colloidal Goitre

- Desires fish, sour
- Worse rainy weather
- Intolerance to sun exposure

- Fear of ghosts – sleeps with light
- Forgetfulness
- O/E – Gland was soft & not hard

Remedy – *Lapis Alba* 1M BD for 2days

From Boericke's MM: Affections of glands, Goitre; Glands have a certain elasticity and pliability about them rather than the stony hardness of *Calc fluor* and *Cistus*.

From Anshutz's New Remedies: I have used the remedy in many cases of scrofulous enlargement of the cervical glands, and find that it is almost specific where the glands have a certain amount of elasticity and pliability about them, rather than a stony hardness, such as might call for *Calcarea fluor, Cistus* or *Carbo animalis.*

2. A case of a 38-year-old female with Left Breast Fibroadenoma

- H/O – OC Pills (oral contraceptive pills) for 7-8yrs
- Milk intolerance causes flatulence
- Desires bitter
- Hardness breasts menses before
- Hot patient
- Better by loosening inner garments
- Presses the breast hard with her hands
- **Observation** - She has worn good saree with ornaments to his clinic for consultation as if she has come to a social gathering

Remedy – *Conium mac* 1M BD for 1day

3. Case of Seronegative Arthritis

- Observation – Atrophy of muscles with pain in joints
- P/H – Electric shock 2 years ago
- Observation - Smiling talking while
- Sleeps on left side
- Bathing with cold water
- Pain in joints better by warm application, walking after
- Aversion sweets
- Better by cold water

Remedy: *Electricity* 10M followed by *Causticum* 200 – 1M

4. Case of Fever

- Drawing type of leg pain worse at night
- P/H – Pneumonia
- Chilly patient
- Wrinkling of fingers after handling water
- Impatience
- Desires sour, pickles, eggs

Remedy: *Canchalagua* 30 – 200 BD for 2days

From Boericke's MM: Of use in severe type of intermittent fever in hot countries. Skin - wrinkled like a washer woman's.

All of the above mentioned cases saw considerable improvement. Dr. Sarkar's approach has helped to give me clinical success in practice.

From the above mentioned case examples, it is evident that Dr. Sarkar has keen observation skills and picks up minute details of the case at an amazing speed. His analysis has all the essential features of the case – mind state, general state & the local peculiarities as well.

Further, what is unique about his strategy is the art of antidoting the exciting factor if it is found in the case – like the example of Electric shock in the case of Seronegative arthritis mentioned above where he prescribed *Electricity* 10M.

This approach of his is very unique and I have seen many cases benefit from this approach at his clinic during my stay with him for 2 weeks.

Dr. Manish Yadav

Senior Resident Doctor at the other song –
International Academy of Advanced Homoeopathy

The following are clinical tips which I learned while with Dr. Sarkar:

1) Left sided sciatica with numbness = give *Causticum; Staphysagria* is complementary to *Causticum*
2) Intestinal Colitis and IBS = give *Glyceyrhiza glabra*
3) Instead of analgesic = give *Kali phos* 6x + *Silicea* 6x + *Mag phos* 6x.
4) Diabetes ulcer cleansing = give *Hydrastis instead of Calendula*
5) When there is no indication in diabetic foot = give Solanum nigrum
6) Psoriasis without characteristic = give *Phytolacca*
7) Red lips with fever = give *Ocimum sanctum*

8) Red lips with yellow teeth (yellow teeth is an indication of the tubercular miasm) = give *Bacillinum*

9) Prostate cancer = give *Flutamide as an intercurrent*

10) Polypoid growth of stomach and intestines (feature of taking too much of aspirin) = give *Natrum salicyclate*

11) Chronic renal failure with tubercular tendency = give *Koch lymph*

12) Aphthae, hepatitis, *Mercury*-like symptoms, *Sulphur*-like skin = give *Cornus circinata*

13) Loss of sensation of skin give *Anacardium occidentale*

14) To improve blood circulation = give *Ginkgo biloba* or *Hydrocotyle asiatica*

15) Pre-cancerous stages, emotions cause problems = give *Staphysagria*

16) Urine and stool comes together = give *Alumina*

17) Passing urine while sitting on commode = give *Allium sativa*

18) Intermittent fever with stricture of urethra = give *Petroselinum*

19) Acute myeloid leukemia = give *Cisplatin as an intercurrent*

Afterword

If there is any feedback regarding the content in this book, the contact details of Dr. Sarkar are as follows:

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Clinic Address: Dr Sunirmal Sarkar, Thakurnagar, 24 Parganas, West Bengal

RESOURCES:

BOOK	CONCEPT(S)
The Elements of Homoeopathy by Dr. P. Sankaran	This book illustrates practically every aspect of homoeopathic medicine, whether it is the study of Materia Medica, Hints on Case-Taking, Value of Repertory, Cross References to the Repertory, Difficulties in Practice, and The Scope of Homoeopathy.
The Spirit of Homoeopathy	This book is divided into four sections: Philosophy, The Mind, Case-Taking and Finding the Remedy, and Materia Medica. The first section looks at what disease is – the origin and the dynamics of disease. The second investigates the understanding of delusions, mental state as a whole and body-mind connection. The third section covers the artistic aspect of homoeopathy, understanding the patient. The final section furthers the understanding of remedies, and includes remedies as examples.
The Substance of Homoeopathy	This book illustrates how delusions can be classified using Hahnemann's theory of miasms. With numerous illustrative cases, this classification can be used as a map of disease to facilitate remedy selection. A detailed study of homoeopathic drugs with reference to their source revels the purpose of the traditional classification into plant, animal and mineral kingdom.
The Soul of Remedies	Clear, concise, confirmed descriptions of the inner view of a hundred different remedies and how they express this in clinical situations.
The System of Homoeopathy	Illustrating the method of case-taking, case analysis and follow-up, this book includes detailed cases and a number of short cases, through which emerges a System of Homoeopathy. Hints and guidelines about understanding the mental state, eliciting the mind and body connection, central delusion, what to do and what not to do with dreams, plus a further understanding of miasms and kingdoms.

BOOK	CONCEPT(S)
The Sensation in Homoeopathy	Using numerous case examples, this book gives one the ability to know at all times in a given case, where to begin and where to aim, through The Seven Levels of Experience. This way of working gives a definitive pathway for case-taking, a means by which to observe and utilize the active energy patterns of the patient (hand gestures and movements), plus a way of matching the patient's level to the remedy and potency that is required.
An Insight into Plants – Volumes 1, 2, 3	This book provides a framework of how the plant kingdom can be classified and understood. Tracing the common sensation of each family, this book shows how this sensation can be seen in the remedies in that family. The remedies are differentiated by the miasm to which they belong.
Sankaran's Schema	This book aims to bring in a nut shell, in a tabulated form, the different concepts and information spread over Dr. Sankaran's books – The Spirit of Homoeopathy, The Substance of Homoeopathy, The System of Homoeopathy, The Sensation in Homoeopathy, and An Insight into Plants (Volume I, II, III), and Sensation Refined.
Structure – Experiences with the Mineral Kingdom	The periodic table readily lends itself to the task of classification. Its seven rows and 18 columns can be understood, seen and experienced as stages of human development. Recent explorations into the rows, backed by several clinical cases, provings and research, have thrown new light on the Mineral Kingdom that makes it significantly easier to recognize the remedies in practice.

BOOK	CONCEPT(S)
Sensation Refined	This book addresses the problems and pitfalls that seekers in this method face. It answers many queries about the sensation and its expression, and how to understand it better, in a clearer and simpler way. Here, there is a deeper understanding of the experience, living it and seeing almost nothing else.
Survival - The Mollusc	Within are described the qualities of Mollusca in nature, its subdivisions, and expressions in the human being. Each of these is described with source words, proving information and clinical cases, to make it easy to recognize in clinical practice.
Survival - The Reptile (Volume 1 and 2)	Within are described the qualities of Reptilia in nature, its subdivisions, and expressions in the human being. Each of these is described with source words, proving information and clinical cases, to make it easy to recognize in clinical practice.
The Synergy in Homoeopathy - An integrated approach to case-taking and analysis	An integrated approach to case-taking and analysis. Never before has the connection between the patient and the remedy been so clear – symptoms and system are two sides of the same coin and this results from an integrated approach. Both the factual and conceptual aspects of the patient and the remedy must be seen together. The knowledge of old masters, such as C.M. Boger, is explained in detail. Through illustrative cases, the secret of success is depicted through this integrated approach. Through a seamless blending of the old and new, conventional and contemporary, the results are proof of a quantum leap in homoeopathic practice.
Synergy in Practice	Practical application of the Synergy Approach in homoeopathic practice illustrated through numerous cases.

the other song

International Academy of Advanced Homoeopathy

Headed by Dr. Rajan Sankaran and supported by Homoeopathic Research and Charities (Mumbai) and World Institute for Sensation Homoeopathy (WISH.) ‘the other song: International Academy of Advanced Homoeopathy’ is the culmination of a vision shared by a group of like-minded homoeopaths, of establishing a world class institute that has developed into a hub for homoeopathic healing, learning and research.

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Website: www.vitalquest.com I www.rajansankaran.com
Email: contact@vitalquest.com

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